

# OPTIMAL HEALTH

Sec 2 TTh 7:25-8:25

Sec 3 TTh 8:30-9:25

PED 200  
Spring 2017

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## Home

### COURSE DESCRIPTION

Students are encouraged to take charge of their own lives in terms of attitude, exercise, and nutrition-fostering new habits in these areas and developing an understanding of health as more than the absence of disease. This is a two unit course (the rationale is 1 for the lecture and 1 for the activity).

### MAJOR TOPICS

Concepts of Optimal Health and Fitness	Relationship between Diet and Disease
Standards of Optimal Health and Fitness	Relationship between Life Style and Disease
Benefits of Vigorous Physical Exertion	Nutrition and Weight Control
Development of an Individualized Fitness Program	The Effects of Stress and Attitude on Health
Relationship between Spiritual and Physical Fitness	

### CLASS STRUCTURE

This is a lecture and activity class. Scheduled class meetings will be utilized primarily for lectures. Physical activity is required 3 times each week at the student's convenience. Physical testing at the beginning and end of the semester is designed to confirm participation in an exercise program.

**CANVAS** allows online access to class materials including assignments and quizzes.

Your SYLLABUS is online in CANVAS

Your ASSIGNMENTS, quizzes, homework etc. can be accessed online CANVAS.

Exercise suggestions are also available in CANVAS folders.

<https://canvas.pointloma.edu/> (please note there is no www in the address)

Logon with PLNU username: \_\_\_\_\_. Password is your PLNU email password: XXXXXX

### TEXT

*Eat, Drink and Be Healthy* by Walter Willett with Patrick Skerrett ISBN 0743266420 available on Amazon.com for @ \$10.00 as well as from former Optimal Health students.

### COGNITIVE EVALUATION

**Chapter quizzes** - 11 multiple choice quizzes: 1 for each chapter of text, **taken in CANVAS**.

**Exams** – 2 exams: Exam 1, Exercise, Vit/Min. Exam 2, Alcohol/Cancer, multiple choice.

**Assignments – (turn in via CANVAS)**

**Karvonen, BMR, BMI Formulas** – spreadsheet

**Hospitality Assignment** – 3 options for a shared meal experience: Elderly couple, Dr. Anderson or students from another Optimal Health section. Comment on your experience and upload to CANVAS.

**Nutritional Analysis** – upload to CANVAS.

Include the following:

1. Comment on what changes you might make if improvement is recommended.
2. The nutritional information summary from the web site.
3. Your physical activity summary sheet from the web site.

Nutrition Tracker at [www.choosemyplate.gov](http://www.choosemyplate.gov) (or other Nutritional Software)

Select "SuperTracker" from the menu under Popular Topics

Minimum requirement is 1 day's worth of food, if it represents your typical diet.

**Critique** - Each student will research a topic of their choice, hopefully it is meaningful or significant to the student. Perhaps you or a family member have a health concern, use this assignment to research the topic.

The student will demonstrate his/her ability to be a *competent consumer* as well as *supplementing information* contained in class lectures and readings. Examples of appropriate topics include critiquing recipes, weight loss programs, or new exercise equipment etc. *It is extremely important to add to the information presented in class, and not repeat it.* This will be a written report usually about 2 pages long. Upload to CANVAS.

**Course Evaluation** – Fill out the course evaluation at the end of the course.

## PHYSICAL EVALUATION

Students will receive points for either maintaining their currently high fitness level or by making progress toward an improved fitness profile.

### Fitness Parameters

- 1.) 3 Minute Step Test, Peak Heart Rate recorded as well as 1 minute Recovery Heart Rate
- 2.) Body Composition – estimated body fat % measured by skinfold caliper
- 3.) Body Weight

## COURSE LEARNING OUTCOMES

A student that successfully completes this course will:

1. show improved (or maintained at a high level) physical fitness by way of pre and post testing utilizing a 3 minute step test designed to measure cardiovascular fitness.
2. show improved (or maintained at a high level) body composition by way of pre and post testing utilizing the Jackson-Pollock 3 site skin fold analysis.
3. be able to design an individualized fitness program for themselves.
4. be able to defend their position in why one meal is a better choice than an alternative meal.
5. be able to identify qualitative differences in foods within the same food groups i.e. good and bad fats, carbohydrates, and proteins.

## GRADING

**Cognitive Evaluation – 50%** broken down as follows below.

Exams – 30%

Chapter Quizzes on Eclass – 20%

**Assignments – 30%** broken down as follows below.

Karvonen, BMR, BMI Formulas – spreadsheet – 5%

Nutritional Analysis – 15%

Hospitality Meal – 5%

Critique – 5% (Caffeine Study Subject may be substituted for Critique)

\* Class projects (approved by the professor) may be substituted for Critique assignment

**Physical Evaluation – 20%** broken down as follows below.

Cardiovascular Assessment – 15%

Body Composition – 5%

**Attendance** – Points will be deducted beginning on the 4<sup>th</sup> absence (for any reason).

Students maybe de-enrolled after the 6<sup>th</sup> absence.

## FINAL EXAM SCHEDULE

The final exam time for this course is your last opportunity to complete your post fitness evaluation.

**Sec 2** (TTh 7:25) is on Tuesday, May 2 at 7:30 a.m. but we will meet at 8:00 a.m.

**Sec 3** (TTh 8:30) Thursday, May 4 at 7:30 a.m. but we will meet at 8:00 a.m.

## FINAL EXAMINATION POLICY

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Successful completion of this class requires taking the final examination **on its scheduled day**. The final examination schedule is posted on the [Class Schedules](#) site. No requests for early examinations or alternative days will be approved.

## **GENERAL EDUCATION**

This course meets a General Education requirement as we “Explore an Interdependent World” through “Physical Fitness and Nutrition.” Mind, Body, and Spirit are uniquely brought together in this course, as we become Liberally Educated.

## **INCOMPLETES AND LATE ASSIGNMENTS**

All assignments are to be submitted/turned in by the beginning of the class session when they are due—including assignments posted in Canvas. Incompletes will only be assigned in extremely unusual circumstances.

## **PLNU COPYRIGHT POLICY**

Point Loma Nazarene University, as a non-profit educational institution, is entitled by law to use materials protected by the US Copyright Act for classroom education. Any use of those materials outside the class may violate the law.

## **PLNU ACADEMIC HONESTY POLICY**

Students should demonstrate academic honesty by doing original work and by giving appropriate credit to the ideas of others. Academic dishonesty is the act of presenting information, ideas, and/or concepts as one’s own when in reality they are the results of another person’s creativity and effort. A faculty member who believes a situation involving academic dishonesty has been detected may assign a failing grade for that assignment or examination, or, depending on the seriousness of the offense, for the course. Faculty should follow and students may appeal using the procedure in the university Catalog. See [Academic Policies](#) for definitions of kinds of academic dishonesty and for further policy information.

## **PLNU ACADEMIC ACCOMMODATIONS POLICY**

If you have a diagnosed disability, please contact PLNU’s Disability Resource Center (DRC) within the first two weeks of class to demonstrate need and to register for accommodation by phone at 619-849-2486 or by e-mail at [DRC@pointloma.edu](mailto:DRC@pointloma.edu). See [Disability Resource Center](#) for additional information.

## **PLNU ATTENDANCE AND PARTICIPATION POLICY**

Regular and punctual attendance at all classes is considered essential to optimum academic achievement. If the student is absent from more than 10 percent of class meetings, the faculty member can file a written report which may result in de-enrollment. If the absences exceed 20 percent, the student may be de-enrolled without notice until the university drop date or, after that date, receive the appropriate grade for their work and participation. See [Academic Policies](#) in the Undergraduate Academic Catalog.

**COURSE CREDIT HOUR INFORMATION**

In the interest of providing sufficient time to accomplish the stated Course Learning Outcomes, this class meets the PLNU credit hour policy for a 3 unit class delivered over 15 weeks. Specific details about how the class meets the credit hour requirement can be provided upon request.

**INCOMPLETES AND LATE ASSIGNMENTS**

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