



Spring 2018

<b>Meeting days:</b> Mon/Wed	<b>Instructor title and name:</b> Heidi Lynch, PhD, RDN
<b>Meeting times:</b> 1:30-2:25 pm	<b>Phone:</b> 619-849-3306
<b>Meeting location:</b> KIN 2	<b>E-mail:</b> hlynch@pointloma.edu
<b>Final Exam:</b> Monday, April 30 <sup>th</sup> 1:30-4:00 pm	<b>Office hours and location:</b> Mon/Wed 10:30-11:30 am, Thurs 8:00-9:30 am or by appointment Office 7 in Kinesiology department office area

### PLNU Mission

#### To Teach ~ To Shape ~ To Send

Point Loma Nazarene University exists to provide higher education in a vital Christian community where minds are engaged and challenged, character is modeled and formed, and service is an expression of faith. Being of Wesleyan heritage, we strive to be a learning community where grace is foundational, truth is pursued, and holiness is a way of life.

### 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.

### COURSE LEARNING OUTCOMES

Students will:

1. develop a concept of optimal health and fitness, and understand standards of optimal health and fitness
2. discuss the role of nutrition in health and weight control
3. be able to develop a basic fitness program and comprehend the benefits of different types of physical exertion
4. describe the associations between diet, lifestyle, and disease

## Major Topics

Standards of Optimal Health  
Developing an Optimal Fitness Program  
Benefits of Different Types of Physical Activity

Lifestyle and Chronic Disease Risk  
Nutrition and Weight Management  
Stress and Attitude

## Class Structure

This is a lecture and activity class. Scheduled class meetings will be utilized primarily for lectures and group activities. Students are expected to engage in at least 150 minutes per week of aerobic exercise and two days per week of strength training that targets all major muscle groups (total body workout). Physical testing is designed to confirm participation in an exercise program. (You are not being graded on if you are in shape though!)

## Canvas

It is expected that students regularly check Canvas as any announcements related to class will be posted on Canvas. Quizzes covering the text will be taken online via Canvas. The course syllabus, assignments, lecture PowerPoints, and grades are also available on Canvas. Please note that PowerPoints may be modified up until the day of lecture.

## Active Participation

Students will receive points for participation and attendance. Students who miss three classes will lose 5 points for every additional unexcused absence. Out of respect to the professor and fellow students, arriving late to class three times will count as one absence. Students will also periodically receive points for actively participating in class discussions. "Thought of the Day" or an in-class quiz will often count as 5 points for attendance and cannot be made up when absent.

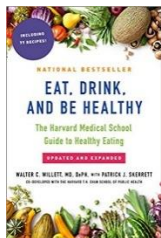
## TENTATIVE COURSE SCHEDULE AND ASSIGNMENTS

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Class date	Class content	Assignment due date
Tues 1/9	Introduction to optimal health	Begin logging your physical activity
Wed 1/10	Health evaluation: body composition methods, heart rate response to exercise	About Me
<b>Mon 1/15</b>	<b>MLK DAY: NO CLASS</b>	
Wed 1/17	Women only: body composition & step test	
Mon 1/22	Men only: body composition & step test	
Wed 1/24	Body image	Quiz on Ch 2-3
Mon 1/29	Research Methods	Activity log #1, read Meyers article on Canvas
Wed 1/31	Sustainability, ethics, and health	Quiz on Ch 12
Mon 2/5	Metabolism	
Wed 2/7	Muscular system	
Mon 2/12	Cardiovascular health	
Wed 2/14	Review	

Mon 2/19	<b>EXAM 1</b>	Activity log #2
Wed 2/21	Fats & Cholesterol	Quiz on Ch 5 (fat)
Mon 2/26	Carbohydrates	Quizzes on Ch 6 & 8 (carbohydrates)
Wed 2/28	Protein	Quiz on Ch 7 (protein)
<b>Mon 3/5-Fri 3/9</b>	<b>SPRING BREAK: NO CLASS</b>	
Mon 3/12	Putting it all together	Nutritional Analysis Part 1 Activity log #3
Wed 3/14	Vitamins	Quiz on Ch 11 (vitamins)
Mon 3/19	Minerals	Quiz on Canvas reading #1
Wed 3/21	Review	Quiz on Canvas reading #2
Mon 3/26	<b>EXAM 2</b>	
Wed 3/28	Cancer	Quiz on Ch 14
<b>Mon 4/2</b>	<b>EASTER MONDAY: NO CLASS</b>	
Wed 4/4	Alcohol	Activity log #4 Quiz on Ch 9 (drinks)
Mon 4/9	Sleep, stress	Nutrition Analysis Part 2
Wed 4/11	Microbiome	
Mon 4/16	Review	
Wed 4/18	<b>EXAM 3</b>	
Mon 4/23	Women only: body comp & step test	Activity log #5
Wed 4/25	Men only: body comp & step test	
Mon 4/30 1:30-4:00 pm	<b>FINAL EXAM</b>	

## REQUIRED TEXTS AND OTHER MATERIALS



- *Eat, Drink and Be Healthy: The Harvard Medical School Guide to Healthy Eating* by Walter Willett with Patrick J. Skerrett (2017) (ISBN 9781501164774).

Available at: <https://www.amazon.com/exec/obidos/ASIN/1501164775?tag=simonsayscom>

Other articles and short YouTube videos assigned for class will be available through Canvas.

Please also be prepared to bring a basic (non-scientific, not connected to the Internet) calculator to class.

It is the student's responsibility to complete all readings prior to class and come prepared to discuss topics covered in the assigned readings.

## ASSESSMENT AND GRADING

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### Grading Scale

Grades are expressed as the percent of points earned out of the total possible points.

100 – 93% = A	86 – 83% = B	76 – 73% = C	66 – 63% = D
92 – 90% = A-	82 – 80% = B-	72 – 70% = C-	62 – 60% = D-
89 – 87% = B+	79 – 77% = C+	69 – 67% = D+	59% - below = F

Assignment	Points for each assignment	Total points
In-class exams	3 @ 100	300
Canvas quizzes	11 @ 10	110
Final exam (cumulative)	1 @ 150	150
About me assignment	1 @ 5	5
Activity logs	5 @ 10	50
Nutrition analysis part 1	1 @ 100	100
Nutrition analysis part 2	1 @ 50	50
Attendance & participation	5 @ 15	75
Total		840

**Final Exam** Your final exam will be comprehensive and consist of multiple choice, true/false, short answer, and essay questions.

## INCOMPLETES AND LATE ASSIGNMENTS

All assignments are to be turned in by the due date listed (either on Canvas or in person as indicated on the assignment directions). Incomplete assignments will be graded in their submitted form. **Late assignments will receive a 50% deduction** (ex: if an assignment is worth 100 points, the maximum it would be possible to earn with a perfect score would be 50 points). Extensions to complete assignments or to submit late assignments will not be granted except under extenuating circumstances (ex: death in family, hospitalization). *It is your responsibility to be attentive to the course schedule and assignment due dates.*

## FINAL EXAMINATION POLICY

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We will observe the PLNU academic calendar. *Please consult the Academic Calendar prior to making travel plans.* Successful completion of this class requires taking the final examination on its scheduled day.

## PLNU COPYRIGHT POLICY

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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**

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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**

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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**

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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.