

Course Syllabus

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 Edit



Department of Kinesiology

KIN1000: Fitness Through Movement

2 Units

Fall 2025

Fully Online

September 2 - December 12

Meeting Days: Online Asynchronous

Meeting Times: Online Asynchronous

Meeting Location: Online

Instructor: Ann Davis

Email: andavis@pointloma.edu

[\(mailto:andavis@pointloma.edu\)](mailto:andavis@pointloma.edu)

Phone: 619-889-7738

Office Location and Hours: By Appointment

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 becomes an expression of faith. Being of Wesleyan heritage, we aspire to be a learning community where grace is foundational, truth is pursued, and holiness is a way of life.



General Education Mission

PLNU provides a foundational course of study in the liberal arts informed by the life, death, and resurrection of Jesus Christ. In keeping with the Wesleyan tradition, the curriculum equips students with a broad range of knowledge and skills within and across disciplines to enrich major study, lifelong learning, and vocational service as Christ-like participants in the world's diverse societies and cultures.

Course Description

The purpose of general education is to provide a common educational experience, to develop essential skills, and to provide a broad cultural background for personal and professional growth. The general education curriculum is listed under a four-fold division. This structure provides continuity with the Wesleyan approach to knowledge by emphasizing the human response as foundational to the developing, exploring, and seeking aspects of education. The divisions, although not mutually exclusive or all-encompassing, organize similar themes relevant to faith and learning. Each complements the others, and, in each, conscious efforts are made to reveal connections, develop perspectives, and build synthetic thinking skills. These divisions are: Responding to the Sacred, Developing Cognitive Skills, Exploring an Interdependent World, and Seeking Cultural Perspectives.

Course Learning Outcomes

After completing this course, students will be able to:

1. Assess current personal lifestyle and develop a plan for lifelong wellness. (FELO 1)
 2. Explain how physical fitness-related components contribute to health and wellness. (FELO 1)
 3. Identify the benefits and risks of exercise.
 4. Demonstrate fitness techniques to assess personal fitness state.
 5. Perform physical fitness techniques individually or in a team to improve physical fitness levels (FELO 1)
 6. Explain how nutrition relates to health and wellness by describing healthy nutritional habits and analyzing eating habits.
 7. Design and demonstrate a personal nutrition program based on predetermined course criteria. (FELO 1)
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General Education Learning Outcomes

1. Students will develop an understanding of self that fosters personal well-being.



Institutional Learning Outcomes

1. Learning, Informed by our Faith in Christ

Students will acquire knowledge of human cultures and the physical and natural world while developing skills and habits of the mind that foster lifelong learning.

2. Growing, In a Christ-Centered Faith Community

Students will develop a deeper and more informed understanding of others as they negotiate complex professional, environmental and social contexts.

3. Serving, In a Context of Christian Faith

Students will serve locally and/or globally in vocational and social settings.

Required Texts and Recommended Study Resources

Required Text

- Get Fit, Stay Fit, 7th edition by William Prentice

Required Resource

- [My Fitness Pal](https://www.myfitnesspal.com/)  [\(https://www.myfitnesspal.com/\)](https://www.myfitnesspal.com/) personal account

Note: Students are responsible for having the required textbooks prior to the first day of class. Students are also encouraged to begin reading the books in preparation for the class as soon as possible.

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. All supplemental materials posted on this course site (including articles, book excerpts, or other documents) are provided for your personal academic use. These materials may be protected by copyright law and should not be duplicated or distributed without permission of the copyright owner.

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 2-unit class delivered over 15 weeks. It is anticipated that students will spend a minimum of 37.5 participation hours per credit hour on their coursework. For this course, students will spend an estimated 75 total hours meeting the course learning outcomes. The time estimations are provided in the Canvas modules.

Time Estimates

Assignment Type	Total Time-to-Complete
Readings	20 hours



Required Course Surveys and Items	2 hours
Video Lectures and Quizzes	5 hours
Chapter Quizzes	4 hours
Assessments	10 hours
Discussions	24 hours
Activity Logs	10 hours
Total	75 hours

Assessment and Grading

Weighted Grades

This course uses weighted grades. Each assignment category is worth a certain percentage of the total grade (100%) for the course, as specified in the table below:

Grading Distribution

Category	Weight (%)
Assignments	10
Video Lectures and Quizzes	10
Chapter Quizzes	30
Assessments	25
Discussions	15
Activity Logs	10
Total	100

Student grades for assignments will be posted in the Canvas gradebook no later than midnight on Tuesday of each week beginning in Week Two of this course. It is important to read the comments posted in the gradebook as they are intended to help students improve their work. Final grades will be posted by the due date in the Academic Calendar.

Grading Scale



The following grading scale will be used for all exams and final course grades:

- 93-100% = A
- 90 - 92% = A-
- 87 – 89% = B+
- 83 – 86% = B
- 80 – 82% = B-
- 76 – 79% = C+
- 73 – 75% = C
- 70 – 72% = C-
- 60 – 69% = D
- Below 59% = F

Learning Modules

Module 1: Getting Fit and Healthy Lifestyles

Module 2: Starting a Fitness Program

Module 3: Improving and Increasing Strength and Flexibility

Module 4: Performing Better Through Nutrition Quality and Fitness

Module 5: Living Life-Long Wellness

Final Examination Policy

Successful completion of this class requires taking the final examination on its scheduled day. The final examination schedule is posted on the [Traditional Undergraduate Records: Final Exam Schedules](http://www.pointloma.edu/experience/academics/class-schedules) (<http://www.pointloma.edu/experience/academics/class-schedules>) site. If you find yourself scheduled for three (3) or more final examinations on the same day, you are authorized to contact each professor to arrange a different time for **one** of those exams. However, unless you have three (3) or more exams on the same day, no requests for alternative final examinations will be granted.

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 Spiritual Care

Please be aware that PLNU strives to be a place where you grow as a whole person. To this end, we provide resources for our students to encounter God and grow in their Christian faith.

If students have questions, a desire to meet with the chaplain, or have prayer requests you can contact the [Office of Spiritual Life and Formation](https://www.pointloma.edu/offices/student-life-formation). (<https://www.pointloma.edu/offices/student-life-formation>)

State Authorization

State authorization is a formal determination by a state that Point Loma Nazarene University is approved to conduct activities regulated by that state. In certain states outside California, Point Loma Nazarene University is not authorized to enroll online (distance education) students. If a student moves to another state after admission to the program and/or enrollment in an online course, continuation within the program and/or course will depend on whether Point Loma Nazarene University is authorized to offer distance education courses in that state. It is the student's responsibility to notify the institution of any change in his or her physical location. Refer to the map on [State Authorization](https://www.pointloma.edu/offices/office-institutional-effectiveness-research/disclosures) (<https://www.pointloma.edu/offices/office-institutional-effectiveness-research/disclosures>) to view which states allow distance education outside of California.

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 Recording Notification

In order to enhance the learning experience, please be advised that this course may be recorded by the professor for educational purposes, and access to these recordings will be limited to enrolled students and authorized personnel.

Note that all recordings are subject to copyright protection. Any unauthorized distribution or publication of these recordings without written approval from the University (refer to the Dean) is strictly prohibited.

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.

For all student appeals, faculty and students should follow the procedures outlined in the University Catalog. See [Academic Policies \(https://pointloma-public.courseleaf.com/tug-catalog/academic-general-policies/\)](https://pointloma-public.courseleaf.com/tug-catalog/academic-general-policies/) for definitions of kinds of academic dishonesty and for further policy information.

During the first week of class, you will be asked to submit an Academic Honesty Verification Statement. Submitting the statement is a requirement of this course. By submitting the Academic Honesty Verification Statement, you will be verifying all assignments completed in this course were completed by you. Carefully review the Academic Honesty Statement below.

Statement: "In submitting this form, I am verifying all the assignments in this course will be completed by me and will be my own work."

Artificial Intelligence (AI) Policy

You are allowed to use Artificial Intelligence (AI) tools (e.g., ChatGPT, Gemini Pro 1.5, GrammarlyGo, Perplexity, etc) to generate ideas, but you are not allowed to use AI tools to generate content (text, video, audio, images) that will end up in any work submitted to be graded for this course. If you have any doubts about using AI, please gain permission from the instructor.

PLNU Academic Accommodations Policy

PLNU is committed to providing equal opportunity for participation in all its programs, services, and activities in

PLNU is committed to providing equal opportunity for participation in all its programs, services, and activities in accordance with the Americans with Disabilities Act (ADA). Students with disabilities may request course-related accommodations by contacting the Educational Access Center (EAC), located in the Bond Academic Center (EAC@pointloma.edu or 619-849-2486). Once a student's eligibility for accommodation has been determined, the EAC will work with the student to create an Accommodation Plan (AP) that outlines allowed accommodations. The EAC makes accommodations available to professors at the student's request.

PLNU highly recommends that students speak with their professors during the first two weeks of semester/term about the implementation of their AP in that particular course. Accommodations are



retroactive, so clarifying with the professor at the outset is one of the best ways to promote positive academic outcomes.

Students who need accommodations for a disability should contact the EAC as early as possible (i.e., ideally before the beginning of the semester) to ensure appropriate accommodations can be provided. It is the student's responsibility to make the first contact with the EAC. Students cannot assume that because they had accommodations in the past, their eligibility at PLNU is automatic. All determinations at PLNU must go through the EAC process. This is to protect the privacy of students with disabilities who may not want to disclose this information and are not asking for any special accommodations.

Language and Belonging

Point Loma Nazarene University faculty are committed to helping create a safe and hospitable learning environment for all students. As Christian scholars, we are keenly aware of the power of language and believe in treating others with dignity. As such, it is important that our language be equitable, inclusive, and prejudice-free. Inclusive/Bias-free language is the standard outlined by all major academic style guides, including MLA, APA, and Chicago, and it is the expected norm in university-level work. Good writing and speaking do not use unsubstantiated or irrelevant generalizations about personal qualities such as age, disability, economic class, ethnicity, marital status, parentage, political or religious beliefs, race, gender, sex, or sexual orientation. Inclusive language also avoids using stereotypes or terminology that demeans persons or groups based on age, disability, class, ethnicity, gender, race, language, or national origin. Respectful use of language is particularly important when referring to those outside of the religious and lifestyle commitments of those in the PLNU community. By working toward precision and clarity of language, we mark ourselves as serious and respectful scholars, and we model the Christ-like quality of hospitality.

If you (or someone you know) have experienced other forms of discrimination, you can find more information on reporting and resources at the [PLNU Nondiscrimination webpage \(http://www.pointloma.edu/nondiscrimination\)](http://www.pointloma.edu/nondiscrimination).

If you (or someone you know) have experienced a bias incident regarding language, you can find more information on reporting and resources at [PLNU Bias webpage \(http://www.pointloma.edu/bias\)](http://www.pointloma.edu/bias).

Sexual Misconduct and Discrimination

Point Loma Nazarene University faculty are committed to helping create a safe learning environment for all students. If you (or someone you know) have experienced any form of sexual discrimination or misconduct, including sexual assault, dating or domestic violence, or stalking, know that help and support are available through the [Title IX Office \(https://www.pointloma.edu/title-ix\)](https://www.pointloma.edu/title-ix). Please be av



that under Title IX of the Education Amendments of 1972, it is required to disclose information about such misconduct to the Title IX Office.

If you wish to speak to a confidential employee who does not have this reporting responsibility, you can contact Counseling Services at counselingservices@pointloma.edu or find a list of campus pastors via our [Sexual Harassment and Discrimination Policy](https://www.pointloma.edu/title-ix). (<https://www.pointloma.edu/title-ix>)

If you (or someone you know) have experienced other forms of discrimination or bias, you can find more information on reporting and resources via our [Nondiscrimination and Anti-harassment Policy](https://www.pointloma.edu/bias). (<https://www.pointloma.edu/bias>).

PLNU Attendance and Participation Policy

Regular and punctual attendance at all class sessions is considered essential to optimum academic achievement. Therefore, regular attendance and participation in each course are minimal requirements.

If the student is absent for more than 10 percent of class sessions, the faculty member will issue a written warning of de-enrollment. If the absences exceed 20 percent, the student may be de-enrolled without notice until the university withdrawal date or, after that date, receive an “F” grade.

Students who anticipate being absent for an entire week of a course should contact the instructor in advance for approval and make arrangements to complete the required coursework and/or alternative assignments assigned at the discretion of the instructor. Acceptance of late work is at the discretion of the instructor and does not waive attendance requirements.

Refer to [Academic Policies](https://pointloma-public.courseleaf.com/aug-catalog/academic-general-policies/) (<https://pointloma-public.courseleaf.com/aug-catalog/academic-general-policies/>) for additional details.

Synchronous Attendance/Participation Definition

For synchronous courses that have specific scheduled meeting times (including in-person, hybrid, and synchronous online courses), absences are counted from the first official meeting of the class regardless of the date of the student’s enrollment. For courses with specific attendance requirements, those requirements are outlined in the course syllabus.

Note: For synchronous courses with an online asynchronous week, refer to the Online Asynchronous Class Attendance policy listed below.

Online Asynchronous Attendance/Participation Definition

Students taking online courses with no specific scheduled meeting times are expected to actively engage throughout each week of the course. Attendance is defined as participating in an academic activity within the online classroom which includes, but is not limited to:



- Engaging in an online discussion
- Submitting an assignment
- Taking an exam
- Participating in online labs
- Initiating contact with faculty members within the learning management system to discuss course content

Note: Logging into the course does not qualify as participation and will not be counted as meeting the attendance requirement.

Course Modality Definitions

1. Online Courses: These are courses with class meetings where all instruction and interaction are fully online.
 1. Synchronous Courses: At least one class meeting takes place at a designated time.
 2. Asynchronous Courses: All class meetings are asynchronous.
 2. Hybrid Courses: These are courses with class meetings that take place both in the classroom and online synchronously and/or asynchronously.
 3. In-Person Courses: These are courses that meet in person with the instructor and students in a physical classroom setting. With approval by the area dean, this may include up to 25% of qualified class interactions through a Learning Management System (such as Canvas).
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Use of Technology

In order to be successful in the online or hybrid environment, you'll need to meet the minimum technology and system requirements; please refer to the [Technology and System Requirements \(https://help.pointloma.edu/TDClient/1808/Portal/KB/ArticleDet?ID=108349\)](https://help.pointloma.edu/TDClient/1808/Portal/KB/ArticleDet?ID=108349) information. Additionally, students are required to have headphone speakers, microphone, or webcams compatible with their computer available to use. Please note that any course with online proctored exams requires a computer with a camera (tablets are not compatible nor allowable) to complete exams online.

Problems with technology do not relieve you of the responsibility of participating, turning in your assignments, or completing your class work.

Loma Writing Center

The Loma Writing Center exists to help all members of the PLNU community cultivate transferable writing skills to engage their academic, professional, personal, and spiritual communities. We wo



toward this goal by conducting one-on-one consultation sessions, supporting writing education across the PLNU community, and participating in ongoing writing center research.

Getting feedback from the Loma Writing Center while you're in the process of working on an assignment is a great way to improve the quality of your writing and develop as a writer. You are encouraged to talk with a trained writing consultant about getting started on an assignment, organizing your ideas, finding and citing sources, revising, editing for grammar polishing final drafts, and more. For information about how to make in-person or online appointments, see [Loma Writing Center webpage \(https://www.pointloma.edu/centers-institutes/loma-writing-center\)](https://www.pointloma.edu/centers-institutes/loma-writing-center) or visit the Loma Writer Center on the first floor of the Ryan Library, room 221.

- [Appointment Calendar](https://plnu.mywconline.com/)  (<https://plnu.mywconline.com/>)
- [Website \(https://www.pointloma.edu/centers-institutes/loma-writing-center\)](https://www.pointloma.edu/centers-institutes/loma-writing-center)
- Email: [writingcenter@pointloma.edu \(mailto:writingcenter@pointloma.edu\)](mailto:writingcenter@pointloma.edu)

Lomabooks Instructions for Students

Note: *For courses using materials available through Lomabooks*

This course is part of our course material delivery program, **LomaBooks**. The bookstore will provide each student with a convenient package containing all required physical materials; all digitally delivered materials will be integrated into Canvas.

You should have received an email from the bookstore confirming the list of materials that will be provided for each of your courses and asking you to select how you would like to receive any printed components (in-store pickup or home delivery). If you have not done so already, please confirm your fulfillment preference so the bookstore can prepare your materials.

For more information about **LomaBooks**, please go to [the LomaBooks site. \(https://www.pointloma.edu/lomabooks\)](https://www.pointloma.edu/lomabooks)

Assignments-at-a-Glance

The course summary below lists our assignments and their due dates. Click on any assignment to review it.

Course Summary:

Date	Details	Due
Tue Sep 2, 2025	 Week 1 Overview	to do: 

Date	Details	Due
	 Academic Honesty Verification Statement https://canvas.pointloma.edu/courses/80883/assignments/1213931	due by 11:59pm
		
Wed Sep 3, 2025	 WK 1 Discussion: Class Introductions https://canvas.pointloma.edu/courses/80883/assignments/1213945	due by 11:59pm
		
Fri Sep 5, 2025	 WK 1 Exercise Snapshot https://canvas.pointloma.edu/courses/80883/assignments/1213951	due by 11:59pm
		
Sun Sep 7, 2025	 WK 1 Exercise Consent/Health History Form https://canvas.pointloma.edu/courses/80883/assignments/1213950	due by 11:59pm
		
Mon Sep 8, 2025	 Week 2 Overview	to do: 11:59pm
	 WK 2 Discussion: Quarantine Fitness https://canvas.pointloma.edu/courses/80883/assignments/1213946	due by 11:59pm
Wed Sep 10, 2025		
	 WK 2 Fitness Assessment (Pre-Test) https://canvas.pointloma.edu/courses/80883/assignments/1213955	due by 11:59pm
		
Fri Sep 12, 2025	 WK 2 Exercise Snapshot https://canvas.pointloma.edu/courses/80883/assignments/1213967	due by 11:59pm
		
Sun Sep 14, 2025	 WK 2 Karvonen Formula https://canvas.pointloma.edu/courses/80883/assignments/1213968	due by 11:59pm
		
Mon Sep 15, 2025	 Week 3 Overview	to do: 11:59pm



Date	Details	Due
Wed Sep 17, 2025	 WK 3 Discussion: Setting a Personal Goal (Group) https://canvas.pointloma.edu/courses/80883/assignments/1213936 	due by 11:59pm
Fri Sep 19, 2025	 WK 3 Chapter One https://canvas.pointloma.edu/courses/80883/assignments/1213823 	due by 11:59pm
Fri Sep 19, 2025	 WK 3 Exercise Snapshot https://canvas.pointloma.edu/courses/80883/assignments/1213871 	due by 11:59pm
Sun Sep 21, 2025	 WK 3 Activity Log #1 https://canvas.pointloma.edu/courses/80883/assignments/1213870 	due by 11:59pm
Sun Sep 21, 2025	 WK 3 Fitness Assessment (Pre-Test) Survey https://canvas.pointloma.edu/courses/80883/assignments/1213928 	due by 11:59pm
Mon Sep 22, 2025	 Week 4 Overview	to do: 11:59pm
Wed Sep 24, 2025	 WK 4 Discussion: Getting Fit and Healthy Lifestyles https://canvas.pointloma.edu/courses/80883/assignments/1213935 	due by 11:59pm
Fri Sep 26, 2025	 WK 4 Chapter Two https://canvas.pointloma.edu/courses/80883/assignments/1213824 	due by 11:59pm
Fri Sep 26, 2025	 WK 4 Exercise Snapshot https://canvas.pointloma.edu/courses/80883/assignments/1213872 	due by 11:59pm
Sun Sep 28, 2025	 WK 4 Video Lecture & Quiz: How Stress Affects Your Body https://canvas.pointloma.edu/courses/80883/assignments/1213973 	due by 11:59pm



Date	Details	Due
Mon Sep 29, 2025	 Week 5 Overview	to do: 11:59pm
Wed Oct 1, 2025	 WK 5 Discussion: Setting a Personal Goal 2 (Group) https://canvas.pointloma.edu/courses/80883/assignments/1213938	due by 11:59pm
Fri Oct 3, 2025	 WK 5 Chapter Three https://canvas.pointloma.edu/courses/80883/assignments/1213928	due by 11:59pm
	 WK 5 Exercise Snapshot https://canvas.pointloma.edu/courses/80883/assignments/1213974	due by 11:59pm
Sun Oct 5, 2025	 WK 5 Video Lecture and Quiz: Different Modes of Training https://canvas.pointloma.edu/courses/80883/assignments/1213920	due by 11:59pm
Mon Oct 6, 2025	 Week 6 Overview	to do: 11:59pm
Wed Oct 8, 2025	 WK 6 Discussion: Warm-up Routines https://canvas.pointloma.edu/courses/80883/assignments/1213937	due by 11:59pm
Fri Oct 10, 2025	 WK 6 Chapter Seven https://canvas.pointloma.edu/courses/80883/assignments/1213926	due by 11:59pm
	 WK 6 Exercise Snapshot https://canvas.pointloma.edu/courses/80883/assignments/1213976	due by 11:59pm
Sun Oct 12, 2025	 Week 6 Video Lecture Quiz: Eating in the Cafeteria https://canvas.pointloma.edu/courses/80883/assignments/1213953	due by 11:59pm



Date	Details	Due
Mon Oct 13, 2025	 WK 6 Activity Log #2 https://canvas.pointloma.edu/courses/80883/assignments/1213875 	due by 11:59pm
Wed Oct 15, 2025	 WK 7 Discussion: Setting a Personal Goal 3 (Group) https://canvas.pointloma.edu/courses/80883/assignments/1213940 	due by 11:59pm
Fri Oct 17, 2025	 WK 7 Chapter Eight https://canvas.pointloma.edu/courses/80883/assignments/1213823 	due by 11:59pm
Sun Oct 19, 2025	 WK 7 Exercise Snapshot https://canvas.pointloma.edu/courses/80883/assignments/1213877 	due by 11:59pm
Sun Oct 19, 2025	 WK 7 Video Lecture and Quiz: Weight Stigma Video and Quiz https://canvas.pointloma.edu/courses/80883/assignments/1213930 	due by 11:59pm
Mon Oct 20, 2025	 WK 8 Discussion: Improving and Increasing Strength and Flexibility https://canvas.pointloma.edu/courses/80883/assignments/1213939 	due by 11:59pm
Sun Oct 26, 2025	 Week 8 Overview 	to do: 11:59pm
Sun Oct 26, 2025	 WK 8 Exercise Snapshot https://canvas.pointloma.edu/courses/80883/assignments/1213878 	due by 11:59pm
Mon Oct 27, 2025	 Week 9 Overview	to do: 11:59pm
Wed Oct 29, 2025	 WK 9 Discussion: Diversity in Fitness	due by 11:59pm



Date	Details	Due
	(https://canvas.pointloma.edu/courses/80883/assignments/1213947) 	
Fri Oct 31, 2025	 WK 9 Exercise Snapshot (https://canvas.pointloma.edu/courses/80883/assignments/1213980) 	due by 11:59pm
	 WK 9 Nutrition Analysis (https://canvas.pointloma.edu/courses/80883/assignments/1213981) 	due by 11:59pm
Sun Nov 2, 2025	 WK 9 Nutrition Analysis (Alternate) (https://canvas.pointloma.edu/courses/80883/assignments/1213982) 	due by 11:59pm
	 WK 9 Activity Log #3 (https://canvas.pointloma.edu/courses/80883/assignments/1213979) 	due by 11:59pm
Mon Nov 3, 2025	 Week 10 Overview	to do: 11:59pm
Wed Nov 5, 2025	 WK 10 Discussion: Performing Better Through Nutrition Quality and Fitness (https://canvas.pointloma.edu/courses/80883/assignments/1213941) 	due by 11:59pm
Fri Nov 7, 2025	 WK 10 Chapter Four (https://canvas.pointloma.edu/courses/80883/assignments/1213927) 	due by 11:59pm
	 WK 10 Exercise Snapshot (https://canvas.pointloma.edu/courses/80883/assignments/1213952) 	due by 11:59pm
Sun Nov 9, 2025	 WK 10 Video Lecture & Quiz: What is an Eating Disorder? (https://canvas.pointloma.edu/courses/80883/assignments/1213953) 	due by 11:59pm



Date	Details	Due
Mon Nov 10, 2025	 Week 11 Overview	to do: 11:59pm
Wed Nov 12, 2025	 WK 11 Discussion: Setting a Personal Goal 4 (Group) https://canvas.pointloma.edu/courses/80883/assignments/1213942	due by 11:59pm
Fri Nov 14, 2025	 WK 11 Chapter Five https://canvas.pointloma.edu/courses/80883/assignments/1213832	due by 11:59pm
Fri Nov 14, 2025	 WK 11 Exercise Snapshot https://canvas.pointloma.edu/courses/80883/assignments/1213954	due by 11:59pm
Sun Nov 16, 2025	 WK 11 Video Lecture & Quiz: Temple of God https://canvas.pointloma.edu/courses/80883/assignments/1213955	due by 11:59pm
Mon Nov 17, 2025	 Week 12 Overview	to do: 11:59pm
Wed Nov 19, 2025	 WK 12 Discussion: Weight Loss Advertising https://canvas.pointloma.edu/courses/80883/assignments/1213948	due by 11:59pm
Fri Nov 21, 2025	 WK 12 Chapter Six https://canvas.pointloma.edu/courses/80883/assignments/1213822	due by 11:59pm
Fri Nov 21, 2025	 WK 12 Exercise Snapshot https://canvas.pointloma.edu/courses/80883/assignments/1213857	due by 11:59pm
Sun Nov 23, 2025	 WK 12 Activity Log #4 https://canvas.pointloma.edu/courses/80883/assignments/1213856	due by 11:59pm
Sun Nov 23, 2025	 WK 12 Video Lecture & Quiz: Where to Work Out on Campus	due by 

Date	Details	Due
	(https://canvas.pointloma.edu/courses/80883/assignments/1213958) 	
	 Week 13 Overview	to do: 11:59pm
Mon Nov 24, 2025	 WK 13 Discussion: Setting a Personal Goal 5 (Group) (https://canvas.pointloma.edu/courses/80883/assignments/1213944)	due by 11:59pm
		
	 WK 13 Chapter Nine (https://canvas.pointloma.edu/courses/80883/assignments/1213921)	due by 11:59pm
Sun Nov 30, 2025		
	 WK 13 Exercise Snapshot (https://canvas.pointloma.edu/courses/80883/assignments/1213858)	due by 11:59pm
		
Mon Dec 1, 2025	 Week 14 Overview	to do: 11:59pm
Wed Dec 3, 2025	 WK 14 Discussion: Living Life-Long Wellness (https://canvas.pointloma.edu/courses/80883/assignments/1213943)	due by 11:59pm
		
	 WK 14 Chapter Ten (https://canvas.pointloma.edu/courses/80883/assignments/1213825)	due by 11:59pm
Fri Dec 5, 2025		
	 WK 14 Exercise Snapshot (https://canvas.pointloma.edu/courses/80883/assignments/1213860)	due by 11:59pm
		
	 WK 14 Final Fitness Assessment (Post) (https://canvas.pointloma.edu/courses/80883/assignments/1213961)	due by 11:59pm
Sun Dec 7, 2025		
	 WK 14 Wellness Survey (https://canvas.pointloma.edu/courses/80883/assignments/1213862)	due by 11:59pm
		



Date	Details	Due
Mon Dec 8, 2025	 Week 15 Overview	to do: 11:59pm
Wed Dec 10, 2025	 WK 15 Discussion: Reflection https://canvas.pointloma.edu/courses/80883/assignments/1213834 	due by 11:59pm
Fri Dec 12, 2025	 WK 15 Exercise Snapshot https://canvas.pointloma.edu/courses/80883/assignments/1213866 	due by 11:59pm
Sun Dec 14, 2025	 WK 15 Activity Log #5 https://canvas.pointloma.edu/courses/80883/assignments/1213963 	due by 11:59pm
Sun Dec 14, 2025	 WK 15 Activity Log Total Minutes https://canvas.pointloma.edu/courses/80883/assignments/1213954 	due by 11:59pm
Sun Dec 14, 2025	 WK 15 End-of-Course Evaluation https://canvas.pointloma.edu/courses/80883/assignments/1213965 	due by 11:59pm
Sun Dec 14, 2025	 Extra Credit https://canvas.pointloma.edu/courses/80883/assignments/1213949 	due by 11:59pm

