



Kinesiology Department

KIN 2000 Optimal Health

2 Units

**Summer 2026
Fully Online**

Meeting Days/ Times: Online Asynchronous

Meeting Location: Online

Instructor: Professor Ted Anderson

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Phone or Text (619) 602.2040 cell

Office Location and Hours: Text for an appointment anytime

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.

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 theory and practice of lifestyle as it impacts the quality of life. The establishment of habits related to physical exercise, nutrition, and general attitudes of health is more than the absence of disease. It is the idea that knowing about health and fitness is not enough; it is knowledge of health and fitness leading to the practice of a healthy lifestyle.

MAJOR TOPICS

- Concepts of Optimal Health and Fitness
- Diet, Lifestyle, and Disease
- Directions to Achieve Fitness
- Mindfulness of our Bodies during Exercise & Eating
- Standards of Optimal Health and Fitness
- Benefits of Vigorous Physical Exertion
- Stress and Attitudes
- Nutrition and Weight Control
- Spiritual Fitness

CLASS STRUCTURE

This course is designed as both an academic content course and as a physical activity course. Students will have access to course content online through PLNU's CANVAS software and will participate in daily physical exercise of their choosing. Communication is an integral part of the course, both with the professor and with other classmates; this will be accomplished through online discussions. Pre- and post-session physical testing is designed to measure physical fitness improvement during the course.

COURSE LEARNING OUTCOMES

After completing Optimal Health with a C or better, you will be able to demonstrate the following competencies:

1. Improved cardiovascular fitness (if not already in the “good” category) by way of pre and post-testing utilizing the Queen’s Step Test--3-minute step test, 1-minute recovery, 16.5” step, 88 bpm/females, 96 bpm/males. (Kinesiology Department, General Education, Student Learning Outcomes #3).
2. If not already in the “good” category, show improved body composition (less body fat) by way of pre and post-testing utilizing the Jackson-Pollock 3 site skin fold analysis. (Kinesiology Department, General Education, Student Learning Outcomes #3).
3. Design an individualized fitness program for yourself. (Kinesiology Department, General Education, Student Learning Outcomes #2).
4. Defend your position as to why one meal is a healthier choice than an alternative meal. (Eat This Not That). (Kinesiology Department, General Education, Student Learning Outcomes #2).
5. Identify qualitative differences in foods within the same food groups (good and bad fats, carbohydrates, and proteins). (Kinesiology Department, General Education, Student Learning Outcomes #2).
6. Introspection and self-analysis by completing reflection papers in the Mindfulness of Exercise and Eating Assignments. (Kinesiology Department, General Education, Student Learning Outcomes #1).
7. Reflection on ways the course content in Optimal Health is related to your spiritual life. For example, donating blood, helping people move, teaching others to cook healthful meals, etc. (Kinesiology Department, General Education, Student Learning Outcomes #4).

GENERAL EDUCATION LEARNING OUTCOMES

By completing the program in Fitness & Physical Activity, you will be able to...

1. perceive the importance of healthy lifestyle choices.
2. demonstrate a lifestyle of healthful eating.
3. demonstrate a lifestyle of physical activity.
4. apply Biblical stewardship principles to your physical body.

- Link to GE courses and assessment plan: <https://assessment.pointloma.edu/academic-assessment/general-education/assessment-plan/>

- Link to GELO’s: <https://pointloma-public.courseleaf.com/tug-catalog/general-education/>

REQUIRED TEXTS AND RECOMMENDED STUDY RESOURCES

Students are responsible for having the required course textbooks prior to the first day of class.

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.

Required text: *Eat, Drink and Be Healthy* by Walter Willett with Patrick Skerrett, co-developed with the Harvard T.H. Chan School of Public Health (ISBN 0743266420) .

Required learning management system: CANVAS

Recommended: [My Fitness Pal](#) personal account

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 two-unit class delivered over five weeks. It is anticipated that you will spend a minimum of 37.5 participation hours per credit hour on your course work. The time expectations for this course are shown below:

Course Credit Hour Distribution

Assignments	Hours
Required Reading	15
Online Discussions, Forums, Groups	5
Exercise Activity Logs	2
Academic Assignments	10
Physical Assessments	4
Quizzes	4
Exercise	35
Total	75

ASSESSMENT AND GRADING

Grading Distribution

Category	Weight
Exercise Activity Logs	5 %

Physical Assessment	15 %
Assignments	40 %
Chapter Quizzes	40%

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.

ASSIGNMENTS

Exercise Activity Log: keep a log of your daily exercise and turn it in weekly

Multiple Methods of Body Composition Estimation: spreadsheet

Nutritional Analysis: you may use the software of your choice; I recommend

MyFitnessPal.com

It is essential that you analyze and summarize your results. You will actually turn in the Nutritional Analysis Questionnaire and a page from the analysis that has the totals of Carbohydrates, Protein, Vitamins, Minerals, etc.

Reflection Papers: Spiritual Application of Optimal Health Content – giving blood, teaching how to cook healthy meals, yard work, helping someone move, etc.

Use of Alternative Methods of Information Delivery to Improve Health and Fitness

Web sites – recipes, hints

Weight of the Nation Video

Weight Watchers

Muscle Building/Technique Instruction

Research Paper: You will research a topic of your choice, hopefully on a topic you care about. Perhaps you or a family member has a health concern--use this assignment to find out more about the topic. You will demonstrate your ability to be a *competent consumer* as well as *supplementing information* contained in class lectures and readings. Examples of appropriate topics include critiquing new exercise equipment, diets, recipes, weight loss programs, etc. *It is important to add to the information presented in class and not repeat it.* This will be a written report approximately four pages long.

PHYSICAL ASSESSMENT

Students of all fitness levels can receive full credit by either maintaining their currently high fitness level or by making progress toward an improved fitness profile.

Fitness Parameters

3 Minute Step Test, 1 Minute Recovery

Body Composition – estimate body fat % measured by skin caliper using Jackson/Pollack formula

Body Weight

Grades will be based on the following:

Grading Scale				
Standard Grade Scale Based on Percentages				
A	B	C	D	F
A 93-100	B+ 87-89	C+ 77-79	D+ 67-69	F Less than 59
A- 90-92	B 83-86	C 73-76	D 63-66	
	B- 80-82	C- 70-72	D- 60-62	

FINAL EXAM 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](#) 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.

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](#) to view which states allow online (distance education) outside of California.

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 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](#) for definitions of kinds of academic dishonesty and for further policy information.

PLNU Academic Behavior PolicyⓈ

Both faculty and students at Point Loma Nazarene University have the right to expect a safe and ordered environment for learning. Students are expected to take the initiative to learn and conduct themselves in a mature and civil manner in the classroom environment. Any student behavior that is disruptive or threatening is a serious affront to Point Loma Nazarene University as a learning community. Students who fail to adhere to these behavioral standards may be subject to disciplinary action, including removal from class or further university sanctions. For a full definition of disruptive behavior, response procedures, and the appeal process, please consult the [Academic Behavior Policy](#) in the [University Catalog](#).

PLNU ACADEMIC ACCOMMODATIONS POLICY

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, [by email](#) or phone at 619-849-2533. Once a student's eligibility for an accommodation has been determined, the EAC will work with the student to create an Accommodation Plan (AP) that outlines approved accommodations. Professors are able to view a student's approved accommodations through Accommodate.

PLNU highly recommends that students speak with their professors during the first two weeks of each semester/term about the implementation of their approved accommodations in that particular course. Accommodations are not retroactive; as such, 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-related need should contact the EAC as early as possible (i.e., ideally before the beginning of the semester) to assure appropriate accommodations can be provided. In accordance with ADA, accommodations cannot constitute a fundamental alteration to course outcomes; therefore, planning ahead is vital in establishing appropriate accommodations for equal access to this course. 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 eligibility 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 accommodations.

PLNU ATTENDANCE AND PARTICIPATION POLICY

Regular and punctual attendance at all class sessions is considered essential to optimum academic achievement. 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 drop date or, after that date, receive an “F” grade.

PLNU COURSE MODALITY DEFINITIONS

1. Online Courses: These are courses with class meetings where all instruction and interaction is fully online.
 - a. Synchronous Courses: At least one class meeting takes place at a designated time.
 - b. 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).

In some courses, a portion of the credit hour content will be delivered asynchronously and attendance will be determined by submitting the assignments by the posted due dates. See [Academic Policies](#) in the Undergraduate Academic Catalog.

Asynchronous Attendance/Participation Definition

A day of attendance in asynchronous content is determined as contributing a substantive note, assignment, discussion, or submission by the posted due date. Failure to meet these standards will result in an absence for that day. Instructors will determine how many asynchronous attendance days are required each week.

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](#).

SEXUAL MISCONDUCT AND DISCRIMINATION

In support of a safe learning environment, 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 accommodations and resources are available through the [Title IX Office](#). Please be aware that under Title IX of the Education Amendments of 1972, faculty and staff are 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](#) or [consult the list of campus pastors](#).

If you (or someone you know) has experienced other forms of discrimination or bias, you can find more information on reporting and resources via the [Nondiscrimination and Anti-harassment Policy](#).

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 via the [Nondiscrimination and Anti-harassment Policy](#). .

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* 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.

ARTIFICIAL INTELLIGENCE (AI) SYLLABUS POLICY

You are allowed to use Artificial Intelligence (AI) tools (e.g., ChatGPT, Gemini Pro, GrammarlyGo, Perplexity, etc.) to generate ideas, as a learning tool, or in some cases generate portions of work you will submit. I will specify in individual assignments what constitutes appropriate use of AI for that assignment. Please use this [Purdue resource](#) to guide your citations when using AI.

LOMABOOKS INSTRUCTIONS FOR STUDENTS

For both digital and print materials, please add these student instructions to your syllabus and Canvas Course. Prior to the start of class, the PLNU Bookstore will also be sharing student instructions in a standalone email on how to access their content.

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 pick up or home delivery). If you have not done so already, please confirm your fulfillment preference so the bookstore can prepare your [LomaBooks](#) materials.

ASSIGNMENTS AT-A-GLANCE