

Fitness Through Movement
PED 100 Section 8 - Tues/Thurs 10-10:55

Professor: Ann Davis andavis@pointloma.edu Office: 619-849-2781
Office Hours: MWF 2:00-4:00 T/TH 8-10:30

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: This course is one of the components of the General Education Programs at PLNU, under the category of “Exploring an Interdependent World, Physical Fitness and Nutrition”. By including this course in a common educational experience for undergraduates, the faculty supports an introduction to the natural and social sciences as tools for exploring the world, with emphasis on collection and interpreting empirical data for both theoretical and practical purposes. *Note: If you are a Physical Education, Exercise Science, or Athletic Training Major – take PED 200 – Optimal Health*

Textbook: *Get Fit, Stay Fit* (7th ed.) by William Prentice.

Course Description: Development of personal fitness through assessment, theory, and practice; introduces principles of conditioning, nutrition, and stress management leading to a lifetime of fitness and desirable health practices.

IDEA Objectives:

- Gaining factual knowledge (terminology, classifications, methods, trends)
- Developing a clearer understanding of, and commitment to, personal values

Course Learning Outcomes: At the successful completion of this course the student will be able to do the following:

1. Assess current personal lifestyle and develop an understanding of self that fosters personal wellbeing.
2. Identify and explain how the health related components of physical fitness contribute to general health and wellness and apply to various exercise activities.
3. Identify potential risks as well as the benefits associated with exercise.
4. Demonstrate practical techniques for assessing one’s own fitness status.
5. Participate in a variety of correctly performed individual and team activities designed to improve physical fitness levels.
6. Explain how nutrition relates to health and wellness, and describe components of healthy nutritional habits, assess and analyze eating habits, and design and apply a personal nutritional program based on sound nutrition.

7. Students will meet or show progress toward basic fundamental skill level.

Course Requirements: PED 100 is a two unit lab class. This is an activity class, so you must be dressed down each day unless otherwise stated. The expectation for this class is **two hours per week in class** and **two hours per week outside of class**.

1. Knowledge (200 pts.)
 - a. Weekly chapter quizzes – online (eclass) (100 pts. – 10 pts ea.)
 - b. Nutrition Analysis Paper – (25 pts) (*see website address below for instructions)
 - c. Fitness Assessment Paper – (25 pts)
 - d. Activity Logs (25 pts – 5 pts ea.)
 - e. Final Assessment (25 pts)
2. Attendance & Participation (200 pts.)
 - a. Attendance (150 pts. 5 pts a day) Roll is taken every day. After 3 absences your grade will go down. See “University Policy” website below.
 - b. Participation/Attitude & Effort (50 pts) Be here, be happy & hustle!

Grading Scale: 400 pts. Total

A 370-409 A- 360-369 B+ 350-359 B 330-349 B- 320-329 C+ 310-319 C 300-309 C- 280-299 ... etc.

(Please complete one lap, walk or jog around track prior to beginning of each class)

***Nutrition Analysis Website:**

<http://ChooseMyPlate.gov> You will need to register and follow prompts to assess your food intake.

COURSE LEARNING OUTCOMES

Note: Course Learning Outcomes (CLO's)—Statements of what students are expected to know, understand and be able to do by the time they complete the course. For students it may be easier to communicate the learning outcomes in language like: *You will* instead of the *student will*. CLOs are more specific learning outcomes that identify learning in an individual course. Course CLOs will be more detailed and specific than program PLOs however they should be general enough to provide flexibility and accommodate variation in specific content as the field evolves over time.

Academic Calendar:

<http://www.pointloma.edu/Assets/PLNU/Academics+Affairs+Digital+Assets/UndergradCalendar/2016-2017UndergraduateCalendar.pdf>

Final Exam Schedule:

<http://www.pointloma.edu/Assets/PLNU/Academics+Affairs+Digital+Assets?FinalExamsSchedule2016-2017.pdf>

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.

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 [Class Schedules](#) site. No requests for early examinations or alternative days will be approved.

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. 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.

