

# OPTIMAL HEALTH

PED 200

Ted Anderson, Ph.D.

Fall Semester 2017

Office 849-2244

Sec 1 TTh 7:25-8:20

Sec 2 TTh 8:30-9:25

Sec 3 MW 1:30-

2:25

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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  
Standards of Optimal Health and Fitness  
Benefits of Vigorous Physical Exertion  
Development of an Individualized Fitness Program  
Relationship between Spiritual and Physical Fitness

Relationship between Diet and Disease  
Relationship between Life Style and Disease  
Nutrition and Weight Control  
The Effects of Stress and Attitude on Health

### 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. Reflect 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.

**Independent Learning** – 2 options, both involve researching a topic of your choice.  
Option 1 - written paper, 1-2 pages, uploaded to CANVAS.

Perhaps you or a family member have a health concern, use this assignment to research the topic.  
Demonstrate you can be a *competent consumer* and distinguish truth from fiction.  
Summarize your insights and conclusions in a written report 1-2 pages long. Upload to CANVAS.

Option 2 – oral report in class, a couple of PPT slides, 5-10 minutes.  
Research a topic of your choice, especially new or cutting edge information and help keep the class current.

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.*

**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 1** (TTh 7:25) is on Thursday, Dec 14 at 7:30 a.m. but we will meet at 8:00 a.m.

**Sec 2** (TTh 8:30) Tuesday, Dec 12 at 7:30 a.m. but we will meet at 8:00 a.m.

**Sec 3** (MW 1:30) Monday Dec 11 at 1:30

## **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.

## **ACADEMIC ACCOMMODATIONS**

While all students are expected to meet the minimum academic standards for completion of this course as established by the instructor, students with disabilities may require academic accommodations. At Point Loma Nazarene University, students requesting academic accommodations must file documentation with the Disability Resource Center (DRC), located in the Bond Academic Center. Once the student files documentation, the Disability Resource Center will contact the student’s instructors and provide written recommendations for reasonable and appropriate accommodations to meet the individual needs of the student. This policy assists the university in its commitment to full compliance with Section 504 of the Rehabilitation Act of 1973, the Americans with Disabilities (ADA) Act of 1990, and ADA Amendments Act of 2008, all of which prohibit discrimination against students with disabilities and guarantees all qualified students equal access to and benefits of PLNU programs and activities.

## **ATTENDANCE**

Regular and punctual attendance at all classes in which a student is registered is considered essential to optimum academic achievement. Therefore, regular attendance and participation in each course are minimal requirements to be met. There are no allowed or excused absences except when absences are necessitated by certain university-sponsored activities and are approved in writing by the Provost. Whenever the number of accumulated absences in a class, for any cause, exceeds ten percent of the total number of class meetings (3 for TTh classes, 4 for MWF classes), the faculty member has the option of filing a written report to the Vice Provost for Academic Administration which may result in de-enrollment, pending any resolution of the excessive absences between the faculty member and the student...If the date of de-enrollment is past the last date to withdraw from a class, the student will be assigned a grade of W or WF (no grade). There are no refunds for courses where a de-enrollment was processed. (see catalog for full text)

## **ACADEMIC HONESTY**

Students should demonstrate academic honesty by doing original work and by giving appropriate credit to the ideas of others. As explained in the university catalog, 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. Violations of university academic honesty include cheating, plagiarism, falsification, aiding the academic dishonesty of others, or malicious misuse of university resources. A faculty member who believes a situation involving academic dishonesty has been detected may assign a failing grade for a) that particular assignment or examination, and/or b) the course following the procedure in the university catalog. Students may appeal also using the procedure in the university catalog. See Academic Policies for further information.

## **Institutional Mission Statement**

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.

## **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.

## **ATTENDANCE AND PARTICIPATION**

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 has the option of filing a written report which may result in de-enrollment. If the absences exceed 20 percent, the student may be de-enrolled without notice.*** If the date of de-enrollment is past the last date to withdraw from a class, the student will be assigned a grade of W or WF consistent with university policy in the grading section of the catalog. See Academic Policies in the (undergrad/graduate as appropriate) academic catalog.

## **FERPA POLICY**

In compliance with federal law, neither PLNU student ID nor social security number should be used in publicly posted grades or returned sets of assignments without student written permission. This class will meet the federal requirements by (Note: each faculty member should choose one strategy to use: distributing all grades and papers individually; requesting and filing written student permission; or assigning each student a unique class ID number not identifiable on the alphabetic roster.). Also in compliance with FERPA, you will be the only person given information about your progress in this class unless you have designated others to receive it in the “Information Release” section of the student portal.

See Policy Statements in the (undergrad/ graduate as appropriate) academic catalog.

## **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.

## **INCOMPLETES AND LATE ASSIGNMENTS**

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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**

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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.

NOTE: The following policies are to be used without changes:

## **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.

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## **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.

PED	300	Sec
	MW	3
Aug	29	Tue
Aug	30	Wed
<b>Sep</b>	<b>4</b>	<b>Mon</b>
Sep	6	Wed
Sep	11	Mon
Sep	13	Wed
Sep	18	Mon
Sep	20	Wed
Sep	25	Mon
Sep	27	Wed
Oct	2	Mon
Oct	4	Wed
Oct	9	Mon
Oct	11	Wed
Oct	16	Mon
Oct	18	Wed
Oct	23	Mon
Oct	25	Wed
Oct	30	Mon
Nov	1	Wed
Nov	6	Mon
Nov	8	Wed
Nov	13	Mon
Nov	15	Wed
Nov	20	Mon
Nov	22	
Nov	27	Mon
Nov	29	Wed
Dec	4	Mon
Dec	6	Wed
Final		Exam

PED	300	Sec	Assignments	Lecture
	TTh	1 & 2		
<b>Ch quizzes in Canvas are due before class on the assigned day.</b>				
Aug	24	Thu	Classes Begin	Syllabus, Introduction
Aug	5	Tue	Female Physical Assessment - GYM	Step Test, Body Comp
Sep	4		<b>LABOR DAY</b>	
Sep	7	Thu	Male Physical Assessment - GYM	Step Test, Body Comp
Sep	12	Tue		Review Fitness Testing
Sep	14	Thu		Body Image
Sep	19	Tue		Exercise
Sep	21	Thu	Body Composition Worksheet Due	Exercise
Sep	26	Tue		Exercise
Sep	28	Thu		Exercise
Oct	3	Tue	Ch 1 Intro to Pyramid	Energy Systems
Oct	5	Thu		Dietary Fat
Oct	10	Tue	Ch 2 & 3 Weight	Dietary Fat
Oct	12	Thu		Dietary Fat
Oct	17	Tue	Ch 4 Fats	Carbohydrates
Oct	19	Thu		Carbohydrates
Oct	24	Tue	Ch 5 Carbohydrates	Carbohydrates
Oct	26	Thu	<i>Mid term grades distributed</i>	High Protein Diets
Oct	31	Tue	Celiac begin Protein	
Nov	2	Thu	Ch 6 Protein	Protein
Nov	7	Tue		Vitamins
Nov	9	Thu	Ch 7 Fruits & Veggies	Vitamins
Nov	14	Tue	Ch 8 Fluids	Minerals
Nov	16	Thu	<b>Exam - Exercise, Fat, CHO, Pro</b>	
Nov	21	Tue	Nutritional Analysis Due	
Nov	23	Thu	<b>Thanksgiving Recess</b>	
Nov	28	Tue	Ch 9 Calcium	Alcohol
Nov	30	Thu	Ch 10 Multivitamins	Cancer
Dec	5	Tue	Critique Due <b>Before</b> Finals Week	Cancer
Dec	7	Thu	<b>Exam - Vit. Min. Cancer, Alcohol</b>	
Dec	12	Tue	<b>Final Exam (step test) Sec 2 8:00</b>	Physical Testing
Dec	13	Wed	<b>Final Exam (step test) Sec 3 1:30</b>	Physical Testing
Dec	14	Thu	<b>Final Exam (step test) Sec 1 8:00</b>	Physical Testing