



Fall 2018

<b>Meeting days:</b> Mon/Wed	<b>Instructor title and name:</b> Heidi Lynch, PhD, RDN
<b>Meeting times:</b> Section 3: 1:30-2:25 pm Section 4: 12:15-1:10 pm	<b>Phone:</b> 619-849-3306
<b>Meeting location:</b> Section 3: KIN 1 Section 4: KIN 2	<b>E-mail:</b> hlynch@pointloma.edu
<b>Final Exam:</b> Section 3: Wednesday, December 12 1:30-4:00 Section 4: Wednesday, December 12 10:30-1:00	<b>Office hours and location:</b> Mon/Wed 10:30-11:30 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 personal concept of optimal health and fitness, and understand national standards of optimal health and fitness
2. Be able to explain the role of nutrition in health promotion and weight management
3. Be able to develop a basic fitness program and explain the benefits of different types of exercise
4. Describe the associations between diet, lifestyle, and chronic disease prevention

### Major Topics

Standards of Optimal Health

Developing a 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 are primarily for lectures and group activities. Students are expected to engage in *at least 150 minutes per week of aerobic exercise and at least two days per week of strength training that targets all major muscle groups* (total body workout). Physical testing is intended to confirm participation in an exercise program. (Your grade does not depend on if you are in shape though!)

### Canvas

Students must 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.

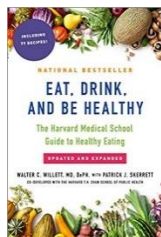
## TENTATIVE COURSE SCHEDULE AND ASSIGNMENTS

	<b>Class date</b>	<b>Class content</b>	<b>Assignment due date</b> (Activity logs are due Sunday night by 11:59 pm at the end of the 3-week period for recording. Quizzes and other assignments are due by 11:59 pm the night before the class they are listed by.)
Week 1	Tues 8/28	Introduction to optimal health	Begin logging your physical activity

	Wed 8/29	Health evaluation: body composition methods, heart rate response to exercise	About Me Quiz on Ch 1
Week 2	<b>MON 9/3</b>	<b>LABOR DAY: NO CLASS!</b>	
	Wed 9/5	Women only: body composition & step test	Quiz on Ch 2-3
Week 3	Mon 9/10	Men only: body composition & step test	Quiz on Ch 4
	Wed 9/12	Body image	
Week 4	Mon 9/17	Research methods	Activity log #1, read Meyers article on Canvas before class on Wednesday
	Wed 9/19	Sustainability, ethics, and health	Quiz on Ch 12
Week 5	Mon 9/24	Metabolism	Watch 2 (short) videos on Canvas before class on Monday
	Wed 9/26	Muscular system & strength training	Quiz on Canvas reading #1
Week 6	Mon 10/1	Muscular system & strength training	
	Wed 10/3	Cardiovascular health	Complete cardiovascular reading on Canvas before class on Wednesday
Week 7	Mon 10/8	Cardiovascular health	Activity log #2
	Wed 10/10	Review	
Week 8	Mon 10/15	<b>EXAM 1</b>	
	Wed 10/17	Dietary fats & cholesterol	Watch video on Canvas about carbohydrate, protein, and fat before class on Wednesday Quiz on Ch 5
Week 9	Mon 10/22	Carbohydrates	Quizzes on Ch 6 & 8
	Wed 10/24	Protein	Quiz on Ch 7
Week 10	Mon 10/29	Putting it all together	Nutritional Analysis Part 1, Activity log #3
	Wed 10/31	Vitamins	Watch video about vitamins on Canvas before class on Wednesday Quiz on Ch 11

Week 11	Mon 11/5	Minerals	Quiz on Chapter 10
	Wed 11/7	Review	
Week 12	Mon 11/12	<b>EXAM 2</b>	
	Wed 11/9	Alcohol	Quiz on Ch 9
Week 13	Mon 11/19	Sleep, stress	Activity log #4
	<b>Wed 11/21</b>	<b>THANKSGIVING! NO CLASS ☺</b>	
Week 14	Mon 11/26	Putting together a plan	Nutrition Analysis Part 2, Quizzes on Ch 13 & 14
	Wed 11/28	Women only: body comp & step test	
Week 15	Mon 12/3	Men only: body comp & step test	
	Wed 12/5	Review for final exam	
<b>Week 16</b>	<b>Section 3: Wednesday, December 12 1:30-4:00</b>	<b>FINAL EXAM</b>	Activity log #5 (due Sunday, December 9 <sup>th</sup> by 11:59 pm)
	<b>Section 4: Wednesday, December 12 10:30-1:00</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).

Please be sure to use the 2017 edition (not the older one)- it actually does make a difference for this particular book!

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. Written assignments are to be submitted as Word documents. Please note that Pages documents are NOT compatible with Canvas and will not be accepted for credit!

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	2@100	200
Canvas quizzes	15@10	150
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	10@5	50
Total		755

**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 submitted 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.