

# Fitness through Movement PED 1000

**Fall 2019**

<b>Meeting days:</b> Tuesday & Thursday	<b>Instructor:</b> Shane Peterson
<b>Meeting times:</b> 11:00 – 11:55 am	<b>Phone:</b> 849 - 7083
<b>Final Exam:</b> Thursday 10:30 am–1:00 pm	<b>E-mail:</b> shanepeterson@pointloma.edu

## **PLNU Mission To Teach ~ To Shape ~ To Send**

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.

Fitness Through Movement focuses on development of personal fitness through assessment, theory and practice. This course introduces principles of conditioning, nutrition, and stress management using a variety of methods to achieve a high level of fitness leading to a lifetime of fitness and desirable health practices. This particular course will use high intensity interval training (H.I.I.T.) as the primary method of attaining this course's fitness goals.

### **Required Texts**

---

Get Fit Stay Fit – 7<sup>th</sup> Edition by William Prentice.

## **Student Learning Outcomes**

---

The primary objective of this course is to acquaint students with the knowledge and activities required to make wise decisions about a lifetime of health and fitness. At the completion of this course the student will be able to do the following:

1. Assess current personal lifestyle and develop a plan for optimal lifelong wellness.
2. Identify and explain how the health related components of physical fitness contribute to general health and wellness.
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 activities designed to improve their physical fitness levels.
6. Explain how nutrition relates to health and wellness, and describe components of healthy nutritional habits, assess personal eating habits, and design a personal nutritional program based on sound nutrition.

## **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**

---

While all students are expected to meet the minimum standards for completion of this course as established by the instructor, students with disabilities may require academic adjustments, modifications or auxiliary aids/services. At Point Loma Nazarene University (PLNU), these students are requested to register with the Disability Resource Center (DRC), located in the Bond Academic Center. ([DRC@pointloma.edu](mailto:DRC@pointloma.edu) or 619-849-2486). The DRC's policies and procedures for assisting such students in the development of an appropriate academic adjustment plan (AP) allows PLNU to comply with Section 504 of the Rehabilitation Act and the Americans with Disabilities Act. Section 504 (a) prohibits discrimination against students with special needs and guarantees all qualified students equal access to and benefits of PLNU programs and activities. After the student files the required documentation, the DRC, in conjunction with the student, will develop an AP to meet that student's specific learning needs. The DRC will thereafter email the student's AP to all faculty who teach courses in which the student is enrolled each semester. The AP must be implemented in all such courses.

If students do not wish to avail themselves of some or all of the elements of their AP in a particular course, it is the responsibility of those students to notify their professor in that course. PLNU highly recommends that DRC students speak with their professors during the first two weeks of each semester about the applicability of their AP in that particular course and/or if they do not desire to take advantage of some or all of the elements of their AP in that course.

### **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.

### **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.

### **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.

### **Course Requirements**

---

PED 100 is a two unit lab class. **THIS IS AN ACTIVITY CLASS**. Therefore, you must be dressed appropriately for exercise each day unless otherwise stated. The expectation for this class is two hours per week in class and two hours per week out-side of class. (Activity & activity logs)

#### **A. Knowledge (286 points)**

1. Chapter quizzes. (10 at 10 points each = 100 points)
2. Karvonen Formula Worksheet (5 points)
3. Activity logs (outside class) (5 at 10 points each = 50 points)
4. Exercise Consent / Health History Form (1 point)
5. Nutrition Analysis Paper. (25 points)
6. 7 Instructor Videos with quizzes on various topics (35 points)
7. Fitness Assessment w/Personal Paper. (50 points 25 pre &post)
8. Wellness Survey (10 points)
9. Total Activity Minutes (10 points)

## **B. Attendance & Participation (200 points)**

1. Attendance (150 points) Roll taken every day. Five points deducted for each absence.
2. Participation/**Attitude/Effort** (50 points)

### **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 student catalog.

#### **Grading Scale:** (Total = 486 points)

A	452-486	B-	389-403	D+	326-339
A-	438-451	C+	375-388	D	306-325
B+	423-437	C	355-374	D-	292-305
B	404-422	C-	340-354	F	291 & below