

Fitness through Movement (through running) 2020 - Section 2 (M-W 8:30-9:25)  
Class meets in the Gym or at the Track as announced prior to class meeting  
PED 1000

**Professor:** Jerry Arvin [jerryarvin@pointloma.edu](mailto:jerryarvin@pointloma.edu) Office: 619-849-2588

Office Location Kinesiology Building Office #1 on campus daily as needed during the COVID pandemic if I am not in the office feel free to schedule a zoom appointment with me when we are both free.

## 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.

**Foundational Explorations 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 culture.

*Note: If you are a Physical Education, Exercise Science, or Athletic Training Major – take PED 2000 – Optimal Health*

### The GELO met by PED 1000, PED 2000, and our Activity Offerings:

*Context #2: Growing, In a Christ-Centered Faith Community*

**ILO #2: Students will develop a deeper and more informed understanding of self and others as they negotiate complex environments.**

GELO 2a. Students will develop an understanding of self that fosters personal well-being.

**Textbook:** *Get Fit, Stay Fit* (7<sup>th</sup> 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, access 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 in exercise clothing and shoes 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 of physical activity.**

1. Knowledge (235 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 (50 pts – 10 pts ea.)
  - e. Final Assessment (25 pts)
  - f. Video lecture quizzes – (35 points – 5 points each lecture)
2. Attendance & Participation (200 pts.)
  - a. Attendance (150 pts. 5 pts a day) Roll is taken every day. After your 3rd absence for any reason your grade will go down 20 points (4 absences x 5 points) and then 5 more points for each additional absence. See “University Policy” website below.
  - b. Participation/Attitude & Effort (50 pts) be here, be happy & run with a smile! Being tardy will count against these points be on time or early.

## **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 2 unit class delivered over 15 weeks. It is anticipated that students will spend a minimum of 37.5 participation hours per credit hour on their coursework. For this course, students will spend an estimated 75 total hours meeting the course learning outcomes. The time estimations are provided in the Canvas modules.

**Grading Scale:** 460 pts. Total

A 425-460 A- 414-424 B+ 403-413 B 379-402 B- 368-378 C+ 356-367 C 333-355 C- 322-332

D+ 310-321 D 287-309 D- 276-286 Failing 275 or less.

**\*Nutrition Analysis Website:**

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

**Final Exam Scheduled: Wednesday December 2<sup>nd</sup> 2020 from 7:30am – 10:00 am location TBD**

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### 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.

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### 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.

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### PLNU ACADEMIC ACCOMMODATIONS POLICY

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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 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**

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Regular and punctual attendance at all **synchronous** class sessions is considered essential to optimum academic achievement. If the student is absent for more than 10 percent of class sessions (virtual or face-to-face), 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 the appropriate grade for their work and participation. 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. If absences exceed these limits but are due to university excused health issues, an exception will be granted.

### **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.

## **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.

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## **USE OF TECHNOLOGY**

In order to be successful in the online 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 compatible with their computer available to use. If a student is in need of technological resources please contact [student-tech-request@pointloma.edu](mailto:student-tech-request@pointloma.edu).

Problems with technology do not relieve you of the responsibility of participating, turning in your assignments, or completing your class work.

## **ASSIGNMENTS AT-A-GLANCE**

***Note:** Given the hybrid and online modalities being used in the 2020-2021 academic year, the content of the course schedule and assignments will be posted in Canvas.*