

# Course Syllabus

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 <p><b>POINT LOMA</b> NAZARENE UNIVERSITY</p>	<p><b>Kinesiology/Point Loma Nazarene University</b></p> <p><b>PED 1018 Southern California Hiking</b></p> <p><b>1 unit</b></p>
<p>Fall 2020</p>	

<p><b>Meeting days: Sec.1 Monday</b></p> <p><b>Sec. 2</b></p> <p><b>Wednesday</b></p>	<p><b>Instructor title and name: Professor Rich Hills</b></p>
<p><b>Meeting times: 2:30 - 4:10</b></p>	<p><b>Phone: 619-849-2206</b></p>
<p><b>Meeting location: TBD</b></p>	<p><b>Email: rhills@pointloma.edu</b></p>
<p><b>Final Exam: TBD</b></p>	<p><b>Office location and hours: Kinesiology #2</b></p>
<p><b>Additional info:</b></p>	<p><b>Additional info:</b></p>

## 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

This class will explore the activity of hiking in Southern California and surrounding areas. Walking is a favorite pastime of many and will be used in this class as the movement activity for possible lifetime adaption. Along with walking this class explores mindfulness, relaxation, nutrition and stretching as part of a balanced and healthy lifestyle to help students deal with anxiety and stress of daily life.

## COURSE LEARNING OUTCOMES

- 1) Anxiety, Stress and fear reduction - You will participate in identifying your anxieties, stressors and fears.
- 2) Activities to aid in reduction of anxiety, stress and fear - You will participate in identifying and doing a variety of activities to aid in the reduction of anxiety, stress and fear (such as mindfulness, relaxation meditation and yoga exercises)
- 3) Movement - You will log 10,000 steps per day for exercise. A minimum of 5,000 steps will be in a purposeful walk for your exercise program.
- 4) Nutrition - You will complete a nutritional analysis and participate in a daily food log.
- 5) Sleep - You will create a personal plan for sleep and log results. Including: music, food prior, drink prior, positive reading prior and preparation of next day's to do list.
- 6) You will participate in discussions through Canvas twice per week

## REQUIRED TEXTS AND RECOMMENDED STUDY RESOURCES

Handouts will be provided

## 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 1 unit class delivered over 14 weeks. Specific details about how the class meets the credit hour requirement can be provided upon request. (Based on 37.5 hours of student engagement per credit hour.)

### Distribution of Student Learning Hours

Category	Time Expectation in Hours
Online Participation in Discussions, Groups, etc.	5
Reading Assignments	10
Written Assignments	10
Other Assignments & Learning Activities	14
Quizzes, Surveys	3

Category	Time Expectation in Hours
<b>Total Hours</b>	42

## COURSE SCHEDULE AND ASSIGNMENTS

Anxiety, stress and fear identification paper (1 - 2 pages single spaced)  
25 pts.

This self identification paper will set the tone for the class

Participation - In class participating in a variety of anxiety, stress and fear reduction exercises (5pts),  
These exercises will help you as you choose what music, meditation, stretching and relaxation work best for you.

In class 5,000 steps walking exercise (5pts)  
14 @ 10 pts      140 pts

Daily Log trackers - 10,000 + steps log, food log checkoff, sleep log  
100 pts

This log tracks you movement, your food choices and your sleep plan including your choice of music, food prior, drink prior, positive reading prior and next day's to do list.

Discussions - once per week showing a picture of a hike you went on with description  
60 pts

and once per week you will offer a comment or question regarding another students hike.

You will also answer any question from a fellow classmate.

## ASSESSMENT AND GRADING

Student grades will be posted in the Canvas grade book no later than midnight on Tuesday of each week beginning in Week Two of this course. It is important to read the comments posted in the grade book as these comments are intended to help students improve their work. Final grades will be posted within one week of the end of the class. Grades will be based on the following:

### Standard Grade Scale Based on Percentages

A	B	C	D	F
A 93-100	B+ 87-89	C+ 77-79	D+ 67-69	F Less than 59
A- 90-92	B 83-86	C 73-76	D 63-66	
	B- 80-82	C- 70-72	D- 60-62	

## 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 \(https://www.pointloma.edu/offices/office-institutional-effectiveness-research/disclosures\)](https://www.pointloma.edu/offices/office-institutional-effectiveness-research/disclosures) to view which states allow online (distance education) outside of California.

## 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.

## 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 \(http://catalog.pointloma.edu/content.php?catoid=18&navoid=1278\)](http://catalog.pointloma.edu/content.php?catoid=18&navoid=1278) 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) (<https://mail.google.com/mail/?view=cm&fs=1&tf=1&to=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**

### **Face-to-Face Format**

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 \(http://catalog.pointloma.edu/content.php?catoid=18&navoid=1278\)](http://catalog.pointloma.edu/content.php?catoid=18&navoid=1278) in the Undergraduate Academic Catalog.

### **Hybrid Format**

At Point Loma Nazarene University, attendance is required at all scheduled classes. Adult Degree Completion courses are taught in the hybrid format, which means some class meetings will be face-to-face and some will be online.

Attendance in the face-to-face classes is to be for the entire time of the class. Arriving late or leaving early will be considered a partial absence. A day of attendance in an online class is determined as contributing a substantive note, assignment, discussion, or submission that adds value to the course as determined by the instructor. Three days of attendance are required each week. (It may be any three days during the week.)

#### **Face-to-face Portion of the Hybrid course**

In blended or hybrid courses, if a student misses one face-to-face class then the faculty member will send an email to the student and the Director of Student Success warning of attendance jeopardy. There are no exceptions to this policy.

If a student misses two face-to-face classes, the faculty member or Vice Provost for Academic Administration (VPAA) will initiate the student's de-enrollment from the course without further advanced notice to 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 “F” and there will be no refund of tuition for that course.

### **Online Portion of the Hybrid Course**

If a student misses two online classes (fails to contribute to a discussion board) during the course, then the faculty member will send an email to the student and the Director of Student Success warning of attendance jeopardy. There are no exceptions to this policy.

If a student misses three online classes (fails to contribute to a discussion board by the due date) during the course, then the faculty member or Vice Provost for Academic Administration (VPAA) will initiate the student’s de-enrollment from the course without further advanced notice to 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 “F” and there will be no refund of tuition for that course.

1 missed F2F class = warning

2 missed F2F classes = de-enrollment

2 missed online classes = warning

3 missed online classes = de-enrollment

### **Online Format**

Students taking online courses are expected to attend each week of the course. Attendance is defined as participating in an academic activity within the online classroom which includes posting in a graded activity in the course. (Note: Logging into the course does not qualify as participation and will not be counted as meeting the attendance requirement.)

Students who do not attend at least once in any 3 consecutive days will be issued an attendance warning. Students who do not attend at least once in any 7 consecutive days will be dropped from the course retroactive to the last date of recorded attendance.

### **SPIRITUAL CARE**

Please be aware PLNU strives to be a place where you grow as whole persons. To this end, we provide resources for our students to encounter God and grow in their Christian faith.

If students have questions, a desire to meet with the chaplain or have prayer requests you can contact the [Office of Spiritual Development](https://www.pointloma.edu/offices/spiritual-development) [\\_\(https://www.pointloma.edu/offices/spiritual-development\)](https://www.pointloma.edu/offices/spiritual-development)

### **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](https://help.pointloma.edu/TDClient/1808/Portal/KB/ArticleDet?ID=108349) [\\_\(https://help.pointloma.edu/TDClient/1808/Portal/KB/ArticleDet?ID=108349\)](https://help.pointloma.edu/TDClient/1808/Portal/KB/ArticleDet?ID=108349) information.

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

The table below lists our assignments and their due dates. Click on any assignment to review it.

## Course Summary:

Date	Details	
Thu May 21, 2020	 <a href="#">Sample Zoom Session #1 Agenda page</a> <a href="https://canvas.pointloma.edu/courses/52996/assignments/513027">https://canvas.pointloma.edu/courses/52996/assignments/513027</a>	due by 1pm
Mon Aug 17, 2020	 <a href="#">PED1018- week 1</a> <a href="https://canvas.pointloma.edu/calendar?event_id=44803&amp;include_contexts=course_52996">https://canvas.pointloma.edu/calendar?event_id=44803&amp;include_contexts=course_52996</a>	2:30pm to 3:30pm
Wed Aug 19, 2020	 <a href="#">PED1018-2 FA20 - Southern California Hiking</a> <a href="https://canvas.pointloma.edu/calendar?event_id=51914&amp;include_contexts=course_52996">https://canvas.pointloma.edu/calendar?event_id=51914&amp;include_contexts=course_52996</a>	2:30pm to 3:30pm
Fri Aug 21, 2020	 <a href="#">Week 1: Discussion Class goals</a> <a href="https://canvas.pointloma.edu/courses/52996/assignments/513020">https://canvas.pointloma.edu/courses/52996/assignments/513020</a>	due by 11:59pm
Sat Aug 22, 2020	 <a href="#">Week 1 Quiz</a> <a href="https://canvas.pointloma.edu/courses/52996/assignments/513018">https://canvas.pointloma.edu/courses/52996/assignments/513018</a>	due by 11:59pm
Sun Aug 23, 2020	 <a href="#">Week 1: Assignment</a> <a href="https://canvas.pointloma.edu/courses/52996/assignments/513029">https://canvas.pointloma.edu/courses/52996/assignments/513029</a>	due by 11:59pm
Fri Aug 28, 2020	 <a href="#">Week 2: Discussion Questions</a> <a href="https://canvas.pointloma.edu/courses/52996/assignments/547063">https://canvas.pointloma.edu/courses/52996/assignments/547063</a>	due by 11:59pm
Sun Aug 30, 2020	 <a href="#">Week 2: Assignment</a> <a href="https://canvas.pointloma.edu/courses/52996/assignments/547064">https://canvas.pointloma.edu/courses/52996/assignments/547064</a>	due by 11:59pm
	 <a href="#">Week 3: Video of the Week</a>	to do: 11:30pm
Mon Aug 31, 2020	 <a href="#">Week 3: Video of the Week Copy</a>	to do: 11:30pm
	 <a href="#">Week 3: Video of the Week-2</a>	to do: 11:30pm

Date	Details	
Fri Sep 4, 2020	 <a href="https://canvas.pointloma.edu/courses/52996/assignments/538885">Week 3: Discussion Relaxation Program</a> <a href="https://canvas.pointloma.edu/courses/52996/assignments/538885">https://canvas.pointloma.edu/courses/52996/assignments/538885</a>	due by 11:59pm
	 <a href="https://canvas.pointloma.edu/courses/52996/assignments/538886">Week 3: Assignment</a> <a href="https://canvas.pointloma.edu/courses/52996/assignments/538886">https://canvas.pointloma.edu/courses/52996/assignments/538886</a>	due by 11:59pm
	 <a href="https://canvas.pointloma.edu/courses/52996/assignments/538902">Week 3: Assignment Relaxation Program</a> <a href="https://canvas.pointloma.edu/courses/52996/assignments/538902">https://canvas.pointloma.edu/courses/52996/assignments/538902</a>	due by 11:59pm
Sun Sep 6, 2020	 <a href="https://canvas.pointloma.edu/courses/52996/assignments/547065">Week 3: Assignment Relaxation Program Copy</a> <a href="https://canvas.pointloma.edu/courses/52996/assignments/547065">https://canvas.pointloma.edu/courses/52996/assignments/547065</a>	due by 11:59pm
	 <a href="https://canvas.pointloma.edu/courses/52996/assignments/547066">Week 3: Assignment Copy</a> <a href="https://canvas.pointloma.edu/courses/52996/assignments/547066">https://canvas.pointloma.edu/courses/52996/assignments/547066</a>	due by 11:59pm
Sun Sep 13, 2020	 <a href="https://canvas.pointloma.edu/courses/52996/assignments/538938">Week 4: Assignment</a> <a href="https://canvas.pointloma.edu/courses/52996/assignments/538938">https://canvas.pointloma.edu/courses/52996/assignments/538938</a>	due by 11:59pm
Mon Sep 14, 2020	 <a href="#">Week 5: Video of the Week</a>	to do: 11:59pm
	 <a href="#">Week 5: Video of the Week</a>	to do: 11:59pm
Fri Sep 18, 2020	 <a href="https://canvas.pointloma.edu/courses/52996/assignments/545777">Week 5 : Discussion Nutrition Tracking</a> <a href="https://canvas.pointloma.edu/courses/52996/assignments/545777">https://canvas.pointloma.edu/courses/52996/assignments/545777</a>	due by 11:59pm
	 <a href="https://canvas.pointloma.edu/courses/52996/assignments/540221">Week 5: Discussion Sleep Program</a> <a href="https://canvas.pointloma.edu/courses/52996/assignments/540221">https://canvas.pointloma.edu/courses/52996/assignments/540221</a>	due by 11:59pm
Sun Sep 20, 2020	 <a href="https://canvas.pointloma.edu/courses/52996/assignments/540220">Week 5: Assignment</a> <a href="https://canvas.pointloma.edu/courses/52996/assignments/540220">https://canvas.pointloma.edu/courses/52996/assignments/540220</a>	due by 11:59pm
Sun Sep 27, 2020	 <a href="https://canvas.pointloma.edu/courses/52996/assignments/545776">Week 6: Assignment</a> <a href="https://canvas.pointloma.edu/courses/52996/assignments/545776">https://canvas.pointloma.edu/courses/52996/assignments/545776</a>	due by 11:59pm
Mon Sep 28, 2020	 <a href="#">Week 7: Video of the Week</a>	to do: 11:59pm
	 <a href="#">Week 7: Video of the Week</a>	to do: 11:59pm

Date	Details	due by 11:59pm
Fri Oct 2, 2020	 <a href="#">Week 7 : Discussion Great Trail Hike</a> <a href="https://canvas.pointloma.edu/courses/52996/assignments/546299">https://canvas.pointloma.edu/courses/52996/assignments/546299</a>	due by 11:59pm
Fri Oct 2, 2020	 <a href="#">Week 7 : Discussion Nutrition Tracking</a> <a href="https://canvas.pointloma.edu/courses/52996/assignments/546292">https://canvas.pointloma.edu/courses/52996/assignments/546292</a>	due by 11:59pm
Sun Oct 4, 2020	 <a href="#">Week 7: Assignment</a> <a href="https://canvas.pointloma.edu/courses/52996/assignments/546293">https://canvas.pointloma.edu/courses/52996/assignments/546293</a>	due by 11:59pm
Sun Oct 11, 2020	 <a href="#">Week 8: Assignment</a> <a href="https://canvas.pointloma.edu/courses/52996/assignments/546300">https://canvas.pointloma.edu/courses/52996/assignments/546300</a>	due by 11:59pm
Mon Oct 12, 2020	 <a href="#">Week 9: Video of the Week</a>	to do: 11:59pm
Mon Oct 12, 2020	 <a href="#">Week 9: Video of the Week Copy</a>	to do: 11:59pm
Mon Oct 12, 2020	 <a href="#">Week 9: Video of the Week Copy 3</a>	to do: 11:59pm
Mon Oct 12, 2020	 <a href="#">Week 9: Video of the Week Copy 4</a>	to do: 11:59pm
Fri Oct 16, 2020	 <a href="#">Week 9 : Discussion Great Trail Hike</a> <a href="https://canvas.pointloma.edu/courses/52996/assignments/547152">https://canvas.pointloma.edu/courses/52996/assignments/547152</a>	due by 11:59pm
Fri Oct 16, 2020	 <a href="#">Week 9 : Discussion Great Trail Hike Copy 2</a> <a href="https://canvas.pointloma.edu/courses/52996/assignments/547281">https://canvas.pointloma.edu/courses/52996/assignments/547281</a>	due by 11:59pm
Fri Oct 16, 2020	 <a href="#">Week 9 : Discussion Great Trail Hike Copy 3</a> <a href="https://canvas.pointloma.edu/courses/52996/assignments/547287">https://canvas.pointloma.edu/courses/52996/assignments/547287</a>	due by 11:59pm
Fri Oct 16, 2020	 <a href="#">Week 9 : Discussion Great Trail Hike Copy 4</a> <a href="https://canvas.pointloma.edu/courses/52996/assignments/547289">https://canvas.pointloma.edu/courses/52996/assignments/547289</a>	due by 11:59pm
Fri Oct 16, 2020	 <a href="#">Week 9 : Discussion Great Trail Hike Copy 5</a> <a href="https://canvas.pointloma.edu/courses/52996/assignments/547292">https://canvas.pointloma.edu/courses/52996/assignments/547292</a>	due by 11:59pm

Date	Details	
Sun Oct 18, 2020	 <a href="https://canvas.pointloma.edu/courses/52996/assignments/547153">Week 9: Assignment</a> <a href="https://canvas.pointloma.edu/courses/52996/assignments/547153">https://canvas.pointloma.edu/courses/52996/assignments/547153</a>	due by 11:59pm
Fri Oct 23, 2020	 <a href="https://canvas.pointloma.edu/courses/52996/assignments/547273">Week 10 : Discussion Update</a> <a href="https://canvas.pointloma.edu/courses/52996/assignments/547273">https://canvas.pointloma.edu/courses/52996/assignments/547273</a>	due by 11:59pm
Sun Oct 25, 2020	 <a href="https://canvas.pointloma.edu/courses/52996/assignments/547274">Week 10: Assignment</a> <a href="https://canvas.pointloma.edu/courses/52996/assignments/547274">https://canvas.pointloma.edu/courses/52996/assignments/547274</a>	due by 11:59pm
Mon Oct 26, 2020	 <a href="#">Week 11: Video of the Week</a>	to do: 11:59pm
Sun Nov 1, 2020	 <a href="https://canvas.pointloma.edu/courses/52996/assignments/547282">Week 11: Assignment</a> <a href="https://canvas.pointloma.edu/courses/52996/assignments/547282">https://canvas.pointloma.edu/courses/52996/assignments/547282</a>	due by 11:59pm
Sun Nov 8, 2020	 <a href="https://canvas.pointloma.edu/courses/52996/assignments/547288">Week 12: Assignment</a> <a href="https://canvas.pointloma.edu/courses/52996/assignments/547288">https://canvas.pointloma.edu/courses/52996/assignments/547288</a>	due by 11:59pm
Sun Nov 22, 2020	 <a href="https://canvas.pointloma.edu/courses/52996/assignments/547290">Week 13: Assignment</a> <a href="https://canvas.pointloma.edu/courses/52996/assignments/547290">https://canvas.pointloma.edu/courses/52996/assignments/547290</a>	due by 11:59pm
Mon Nov 23, 2020	 <a href="#">Week 14: Video of the Week</a>	to do: 11:59pm
Sun Nov 29, 2020	 <a href="https://canvas.pointloma.edu/courses/52996/assignments/547293">Week 14: Assignment</a> <a href="https://canvas.pointloma.edu/courses/52996/assignments/547293">https://canvas.pointloma.edu/courses/52996/assignments/547293</a>	due by 11:59pm
	 <a href="https://canvas.pointloma.edu/courses/52996/assignments/513028">Week 1 Activity Log Minutes</a> <a href="https://canvas.pointloma.edu/courses/52996/assignments/513028">https://canvas.pointloma.edu/courses/52996/assignments/513028</a>	
	 <a href="https://canvas.pointloma.edu/courses/52996/assignments/513030">Wellness Survey</a> <a href="https://canvas.pointloma.edu/courses/52996/assignments/513030">https://canvas.pointloma.edu/courses/52996/assignments/513030</a>	