

# OPTIMAL HEALTH

Sec 2 T,Th 8:30-9:25  
Sec 3 M,W 1:30-2:25  
Sec 1 Online

PED 2000  
Hybrid Format

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Fall Semester 2020  
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## 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	Relationship between Diet and Disease
Standards of Optimal Health and Fitness	Relationship between Life Style and Disease
Benefits of Vigorous Physical Exertion	Nutrition and Weight Control
Development of an Individualized Fitness Program	The Effects of Stress and Attitude on Health
Relationship between Spiritual and Physical Fitness	

## 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 C. Willett with Patrick Skerrett  
Co-Developed with the Harvard T.H. Chan School of Public Health  
ISBN 978-1-5011-6477-4

## COGNITIVE EVALUATION

**Chapter quizzes** - 13 multiple choice chapter quizzes, **taken**, “open book” in **CANVAS**.

**Exams** – 2 multiple choice exams: covering lecture material up to the date of the exam.

**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.

Nutritional assessment at <https://www.myfitnesspal.com/> (or other Nutritional Software or App),

Also highly rated: <https://nutrition-facts.software.informer.com/> for Windows,

Apps for both iPhone and Android: [MyNetDiary](#), [MyPlate Calorie Counter](#), [Nutrition Facts](#)

Minimum requirement is 1 day's worth of food, if it represents your typical diet.

**Critique** - Each student will research a topic of their choice, hopefully it is meaningful or significant to the student. Perhaps you or a family member have a health concern, use this assignment to research the topic.

The student will demonstrate his/her ability to be a *competent consumer* as well as *supplementing information* contained in class lectures and readings. Examples of 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.* This will be a written report usually about 2 pages long. Upload to CANVAS.

**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 – Optional: est. body fat %, InBody, Picture or Skyndex 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 – 40%** broken down as follows below.

Exams – 20%

Chapter Quizzes on Eclass – 20%

**Assignments – 50%** broken down as follows below.

Documentaries notes and questions – 25%

Zoom Meetings Participation – 5%

Nutritional Analysis – 10%

Hospitality Meal – 4%

Critique – 4%

Karvonen, BMR, BMI Formulas – spreadsheet – 2%

**Physical Evaluation – 10%** broken down as follows below.

Cardiovascular Assessment – 5%

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

**Sec 3** (MW 1:30) is on Monday, Nov 30 at 1:30 a.m.

**Sec 1** (Online) is Tuesday, Dec 1 at 7:30

**Sec 2** (MW 7:25) is on Thursday, Dec 3 at 7:25 a.m.

## **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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