

Course Syllabus

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 <p>POINT LOMA NAZARENE UNIVERSITY</p>	<p>Kinesiology/Point Loma Nazarene University</p> <p>PED 1018 Southern California Hiking</p> <p>1 unit</p>
<p>Spring 2021</p>	

Meeting days: Monday	Instructor title and name: Professor Rich Hills
Meeting times: 2:30 - 4:10 p.m.	Phone: 619-849-2206
Meeting location: Soccer Field	Email: rhills@pointloma.edu
Office location and hours: Kinesiology Office #3, Hours - TBA	

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.

Our class will meet face to face. We will adhere to specific standards as laid out by the school and the government of California. We will maintain social distancing of 6 ft. + or be obliged to wear a mask. If the occasion occurs that we need to adjust our class to online we will do so.

If you have any questions about the material in this course, feel free to contact me via email or schedule an appointment.

****I am here to help you in whatever way you need. Feel free to come to me with questions about the course, your life, your future, your career, or anything else that comes up. You all matter greatly to me.**

FOUNDATIONAL EXPLORATIONS

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. Note: If you are a Physical Education, Exercise Science, or Athletic Training Major – take PED 200 – Optimal Health

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.

COURSE LEARNING OUTCOMES

The primary objective of this course is to acquaint students with knowledge and activities to make wise decisions about a lifetime of health and fitness.

After completion of this course students will be able to:

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 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.

FOUNDATIONAL EXPLORATIONS LEARNING OUTCOME 2a:

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

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 15 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.)

COURSE ASSIGNMENTS

1. Attendance & Participation (112pts.)
 - A. Attendance (56 pts. 4 pts a day) Roll is taken every day. Full credit if you are on time. You will lose points for not attending class. You cannot receive attendance points if you don't attend. See "University Policy" website below.
 - B. Participation/Attitude & Effort (56 pts. 4 pts. a day) Come to class dressed to stretch and walk freely. Change at home or in the provided locker rooms. Do not dress in the restrooms. Wear athletic clothing and closed toed shoes. Points will be deducted for not dressing in appropriate clothing, lack of participation, and also for tardiness.
2. Walking, eating and sleeping logs – 96 pts. (4 @ 24 pts)
3. Personal paper identifying anxieties, stress and fears. (20 pts)
4. You plan for activities/strategies employing mindfulness, relaxation, music and stretching to help reduce anxiety, stress and fears. (20 pts)
5. San Diego County off campus trail hikes 40 pts. (2 @ 20 pts)
6. Nutrition Analysis 25 pts.

ASSESSMENT AND GRADING

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.

LATE WORK

Assignments not turned in the day they are due will receive a 0 on that assignment.

EMAIL

Email will be a main form of communication used by the professor outside of class as well. Students are expected to check their email at least on a daily basis. If you know of issues with your @pointloma.edu account please notify the professor immediately.

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 (<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

Students are required to attend class every class period unless they notify the professor in advance. Excused absences for emergencies are accepted with notification ASAP. Role will be taken each class. Students missing more than 6 classes may be de-enrolled from the class. 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>)

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/TDCClient/1808/Portal/KB/ArticleDet?ID=108349) .(<https://help.pointloma.edu/TDCClient/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.

COURSE SUMMARY

Week 1 – Overview, syllabus, introduction expectations

Week 2 – Mindfulness and relaxation, yoga stretch and campus walk

Week 3 – Good night sleep, music, routines, yoga stretch and campus walk

Week 4 – Personal sleep plan, anxiety, depression, stress and fear, strategies, yoga stretch and campus walk, 1st log due

Week 5 – Personal Paper due, Design your life, pictures, what would it look like, yoga stretch and campus walk

Week 6 – Nutrition tracking, Bessemer trail hike

Week 7 – Diets, concerns, fears, what is best for you, yoga stretch and campus walk, 2nd log due

Week 8 – No class – weekend hike to Torrey Pines Park

Week 9 – Mindfulness, relaxation, yoga stretch and campus walk

Week 10 – Stress reduction, relaxation, yoga stretch and campus walk, 3rd log due

Week 11 – Mindfulness, relaxation, Liberty station trail

Week 12 – No class – weekend hike to Cowles mtn.

Week 13 - Mindfulness, relaxation, yoga stretch and campus walk, 4th log due

Week 14 – Mindfulness, relaxation, yoga stretch and campus walk

Week 15 – Finals Week