

**Optimal Health**  
**PED 2000; Spring 2021; 2 units**

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<b>Instructor</b>	Alisa Ward—Alisaward@pointloma.edu	Tuesday/Thursdays
	619 849-2557	12:25-1:20pm or 1:30-2:25pm
	Final Exam: submitted before 1:30pm	Class Location: Kinesiology Classroom 1

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**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—**The theory and practice of lifestyle, as it impacts the quality of life. Establishment of habits related to physical exercise, nutrition and general attitudes of health as more than the absence of disease.

**Major Topics—**

Standards of Optimal Health	Nutrition and Weight Management
Development of an Optimal Fitness Program	Lifestyle and Chronic Disease Risk
Benefits of Vigorous Physical Exertion	Stress and Attitude

**Class Structure—**This is a lecture and activity class. Scheduled class meetings will be utilized primarily for lectures and group activities. At minimum, 150 minutes per week of aerobic activity are required each week at the student's convenience. Physical testing is designed to confirm participation in an exercise program.

**Canvas—**Quizzes covering the text will be taken online via Canvas. Syllabus, assignments and lectures are also available on Canvas.

**Textbook—***Eat, Drink and Be Healthy* by Walter Willett with Patrick J. Skerrett (ISBN 9781501164774) *Be sure to purchase the 2017 edition* ALSO, each student needs to purchase and bring to class a journal of some sort which can be used and left in class each meeting

**Cognitive Evaluation—**

Exams—Two exams covering materials from the lectures and the text  
Chapter Quizzes—multiple choice quizzes  
Canvas Quizzes—on-line readings with a quiz

**Assignments—***late assignments are not accepted*

**Worksheets** (Karvonen formula, BMI Formula, Surveys, etc.) & Activity Logs

**Nutrition Analysis**—evaluate your own nutritional habits and comment on how you can improve whatever shortcomings are brought to your attention by the analysis.

**Course Evaluation**—fill out the course evaluation via Canvas at the end of the semester.

**Reflection Paper**—your final exam is a reflection paper at the end of the semester, post body comp & step test.

**Active Participation (Physical Evaluation)**—Students will receive points for either maintaining your current high fitness level or by making progress toward an improved fitness profile. Students will also receive points for participation and attendance. Students who miss three classes or more will be docked 5 points for every additional absence (excused or unexcused). Three tardies will count as one absence. Students will also receive points for actively participating in class discussions. “Thought of the Day” or an in-class quiz will often count as 5 points for attendance and cannot be made up when absent.

**Fitness Parameters**—

1. Three minute step test
2. Body Composition—measured by InBody body composition analyzer (*completely optional*)
3. Body Weight (*completely optional*)
4. Muscular Endurance/Strength
5. Flexibility

**Course Learning Outcomes**—students will:

- have a concept of optimal health and fitness & know national standards of optimal health and fitness
- be able to explain the role of nutrition in health promotion and weight management
- be able to develop a fitness program and know the benefits of vigorous physical exertion
- describe the associations between diet, lifestyle, and chronic disease prevention

**Final Exam**—Your final exam will be your fitness assessment & reflection paper

**Final Examination Policy**—We will observe the PLNU academic calendar. Please consult the Academic Calendar prior to making travel plans. Successful completion of this class requires taking the final examination on its scheduled day. The final reflection assignment for this class will be submitted during your regular class time on Tuesday, May 5<sup>th</sup> at or before 1:30pm. No requests for late examinations will be approved.

**Grading**—Your assignments will be posted regularly on Canvas. You will always have access to your current grade.

Cognitive Assessment—~50% Total

Exams—100 points each (200 points total)

Chapter Quizzes—between 10 & 50 points each

Canvas Quizzes—between 10 & 20 points each

Assignments—~20% Total

Worksheets (Activity Logs)

Journal Writings (Thought of the Day, BMR, etc.)

Nutrition Analysis PART ONE

Nutrition Analysis PART TWO

Reflection Paper

Active Participation—~30% Total

Attendance & Participation—150 points

Fitness Assessment—200 points Total (*maintenance or bettering of current fitness assessment results*)

**Grading Scale**—Your total percentage score will not be rounded up to the nearest percentage. You will have access to your current grade throughout the semester.

100 – 93% = A

86 – 83% = B

76 – 73% = C

66 – 63% = D

92 – 90% = A-

82 – 80% = B-

72 – 70% = C-

62 – 60% = D-

89 – 87% = B+

79 – 77% = C+

69 – 67% = D+

59% - below = F

**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 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.

**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.

**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 request academic accommodations. At Point Loma Nazarene University, students must request that academic accommodations by filing 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. See [Academic Policies](#) in the (undergrad/graduate as appropriate) academic catalog.

**Course Credit Hours 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 as a semester course. Specific details about how the class meets the credit hour requirement can be provided upon request.

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.

**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 of those materials outside the class may violate the law.