

Course Syllabus

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PED1000: Fitness Through Movement

**Term:** Spring**Dates:** 3/1 - 6/11**Credit Hours:** 2**Format:** Online

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.

INSTRUCTOR CONTACT INFORMATION



Professor Rich Hills

(619) 849-2206

richhills@pointloma.edu

COURSE DESCRIPTION

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.

INSTITUTIONAL LEARNING OUTCOMES (ILO)

1. Learning, Informed by our Faith in Christ

Students will acquire knowledge of human cultures and the physical and natural world while developing skills and habits of the mind that foster lifelong learning.

2. Growing, In a Christ-Centered Faith Community

Students will develop a deeper and more informed understanding of others as they negotiate complex professional, environmental and social contexts.

3. Serving, In a Context of Christian Faith

Students will serve locally and/or globally in vocational and social settings.

FOUNDATIONAL EXPLORATIONS LEARNING OUTCOME (FELO)

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

COURSE LEARNING OUTCOMES (CLO)

After completing this course students will be able to:

1. Assess current personal lifestyle and develop a plan for lifelong wellness.
2. Explain how physical fitness health-related components contribute to health and wellness.
3. Identify benefits and risks of exercise.
4. Demonstrate fitness techniques to assess personal fitness state.
5. Perform physical fitness techniques individually or in a team to improve physical fitness levels.
6. Explain how nutrition relates to health and wellness by describing healthy nutritional habits and analyzing eating habits.
7. Design and demonstrate a personal nutrition program based on predetermined course criteria.

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 5 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.

REQUIRED TEXT & RESOURCES

Required Text

- Get Fit, Stay Fit, 7th edition by William Prentice

Required Resource

- [My Fitness Pal](https://www.myfitnesspal.com/) [\(https://www.myfitnesspal.com/\)](https://www.myfitnesspal.com/) personal account

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.

ASSESSMENT AND GRADING

Grade Scale (Percentage)

A 93-100%	C+ 76-79%
A- 90-92%	C 73-75%
B+ 87-89%	C- 70-72%
B 83-86%	D 60-69%
B- 80-82%	F Below 59%

LEARNING MODULES

Module 1: Getting Fit and Healthy Lifestyles

Module 2: Starting a Fitness Program

Module 3: Improving and Increasing Strength and Flexibility

Module 4: Performing Better Through Nutrition Quality and Fitness

Module 5: Living Life-Long Wellness

LATE ASSIGNMENTS

All assignments are to be submitted via Canvas by the end of the day no later than 11:59 pm (PT) on which they are due in order to receive credit. Late assignments will only be accepted if the student reaches out to the professor and proper conversations occur.

ACADEMIC HONESTY

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](https://catalog.pointloma.edu/content.php?catoid=41&navoid=2435#Academic_Honesty) (https://catalog.pointloma.edu/content.php?catoid=41&navoid=2435#Academic_Honesty) for definitions of kinds of academic dishonesty and for further policy information.

PLNU ATTENDANCE AND PARTICIPATION POLICY

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](https://catalog.pointloma.edu/content.php?catoid=46&navoid=2650#Class_Attendance) (https://catalog.pointloma.edu/content.php?catoid=46&navoid=2650#Class_Attendance) 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.

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](http://www.pointloma.edu/experience/academics/class-schedules) (<http://www.pointloma.edu/experience/academics/class-schedules>) site. No requests for early examinations or alternative days will be approved.

PLNU COPYRIGHT POLICY

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

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>) 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.

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>).

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 using the below link to view which states allow online (distance education) outside of California.

ASSIGNMENTS AT-A-GLANCE

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

Course Summary:

Date	Details	Due
Mon Mar 1, 2021	 State Authorization Verification Form (https://canvas.pointloma.edu/courses/57779/assignments/702387)	due by 11:59pm
Wed Mar 3, 2021	 Week 1 Discussion: Class Introductions (https://canvas.pointloma.edu/courses/57779/assignments/702397)	due by 11:59pm
Wed Mar 17, 2021	 Week 3 Discussion: Setting a Personal Goal (https://canvas.pointloma.edu/courses/57779/assignments/702406)	due by 11:59pm
Wed Mar 24, 2021	 Week 4 Discussion: Getting Fit and Healthy Lifestyles (https://canvas.pointloma.edu/courses/57779/assignments/702407)	due by 11:59pm
Wed Mar 31, 2021	 Week 5 Discussion: Setting a Personal Goal 2 (https://canvas.pointloma.edu/courses/57779/assignments/702404)	due by 11:59pm
Wed Apr 7, 2021	 Week 6 Discussion: Warm-up Routines (https://canvas.pointloma.edu/courses/57779/assignments/702405)	due by 11:59pm
Wed Apr 14, 2021	 Week 7 Discussion: Setting a Personal Goal 3 (https://canvas.pointloma.edu/courses/57779/assignments/702402)	due by 11:59pm

Date	Details	Due
Wed Apr 21, 2021	 Week 8 Discussion: Improving and Increasing Strength and Flexibility https://canvas.pointloma.edu/courses/57779/assignments/702403	due by 11:59pm
Wed Apr 28, 2021	 Week 9 Discussion: Diversity in Fitness https://canvas.pointloma.edu/courses/57779/assignments/702395	due by 11:59pm
Wed May 5, 2021	 Week 10 Discussion: Performing Better Through Nutrition Quality and Fitness https://canvas.pointloma.edu/courses/57779/assignments/702401	due by 11:59pm
Wed May 12, 2021	 Week 11 Discussion: Setting a Personal Goal 4 https://canvas.pointloma.edu/courses/57779/assignments/702400	due by 11:59pm
Wed May 19, 2021	 Week 12 Discussion: Weight Loss Advertising https://canvas.pointloma.edu/courses/57779/assignments/702394	due by 11:59pm
Wed May 26, 2021	 Week 13 Discussion: Setting a Personal Goal 5 https://canvas.pointloma.edu/courses/57779/assignments/702398	due by 11:59pm
Wed Jun 2, 2021	 Week 14 Discussion: Living Life-Long Wellness https://canvas.pointloma.edu/courses/57779/assignments/702399	due by 11:59pm
Tue Aug 31, 2021	 Academic Honesty Verification Statement https://canvas.pointloma.edu/courses/57779/assignments/702392	due by 11:59pm
	 Exercise Consent/Health History Form https://canvas.pointloma.edu/courses/57779/assignments/702409	due by 11:59pm
Mon Sep 6, 2021	 Week 2 Discussion: Quarantine Fitness https://canvas.pointloma.edu/courses/57779/assignments/702396	due by 11:59pm

Date	Details	Due
	 Week 2 Karvonen Formula https://canvas.pointloma.edu/courses/57779/assignments/702419	due by 11:59pm
Wed Sep 8, 2021	 Fitness Assessment (pre-testing) https://canvas.pointloma.edu/courses/57779/assignments/702411	due by 11:59pm
Mon Sep 13, 2021	 Week 3 Fitness Assessment (pre-testing) Survey https://canvas.pointloma.edu/courses/57779/assignments/702376	due by 11:59pm
Sun Sep 19, 2021	 Week 3 Chapter One https://canvas.pointloma.edu/courses/57779/assignments/702373	due by 11:59pm
	 WK 3 Activity Log #1 https://canvas.pointloma.edu/courses/57779/assignments/702415	due by 11:59pm
Mon Sep 20, 2021	 Week 4 Chapter Two https://canvas.pointloma.edu/courses/57779/assignments/702377	due by 11:59pm
Sun Sep 26, 2021	 Week 4 Video Lecture and Quiz: Exercise and Disease https://canvas.pointloma.edu/courses/57779/assignments/702374	due by 11:59pm
Mon Sep 27, 2021	 Week 5 Chapter Three https://canvas.pointloma.edu/courses/57779/assignments/702384	due by 11:59pm
Sun Oct 3, 2021	 Week 5 Video Lecture and Quiz: Different Modes of Training https://canvas.pointloma.edu/courses/57779/assignments/702393	due by 11:59pm
Mon Oct 4, 2021	 Week 6 Chapter Seven https://canvas.pointloma.edu/courses/57779/assignments/702391	due by 11:59pm
Sun Oct 10, 2021	 Week 6 Video Lecture and Quiz: Nutrition and Sustainability https://canvas.pointloma.edu/courses/57779/assignments/702378	due by 11:59pm
	 WK 6 Activity Log #2 https://canvas.pointloma.edu/courses/57779/assignments/702416	due by 11:59pm

Date	Details	Due
Mon Oct 11, 2021	 Week 7 Chapter Eight https://canvas.pointloma.edu/courses/57779/assignments/702389	due by 11:59pm
Sun Oct 17, 2021	 Week 7 Video Lecture and Quiz: Eating at the Caf https://canvas.pointloma.edu/courses/57779/assignments/702383	due by 11:59pm
Sun Oct 31, 2021	 Week 9 Nutrition Analysis https://canvas.pointloma.edu/courses/57779/assignments/702420	due by 11:59pm
Sun Oct 31, 2021	 WK 9 Activity Log #3 https://canvas.pointloma.edu/courses/57779/assignments/702417	due by 11:59pm
Mon Nov 1, 2021	 Week 10 Chapter Four https://canvas.pointloma.edu/courses/57779/assignments/702382	due by 11:59pm
Sun Nov 7, 2021	 Week 10 Video Lecture and Quiz: Eating Disorders https://canvas.pointloma.edu/courses/57779/assignments/702388	due by 11:59pm
Mon Nov 8, 2021	 Week 11 Chapter Five https://canvas.pointloma.edu/courses/57779/assignments/702380	due by 11:59pm
Sun Nov 14, 2021	 Week 11 Video Lecture and Quiz: Spiritual Connection https://canvas.pointloma.edu/courses/57779/assignments/702379	due by 11:59pm
Mon Nov 15, 2021	 WK 12 Activity Log #4 https://canvas.pointloma.edu/courses/57779/assignments/702412	due by 11:59pm
Sun Nov 21, 2021	 Week 12 Chapter Six https://canvas.pointloma.edu/courses/57779/assignments/702375	due by 11:59pm
Sun Nov 21, 2021	 Week 12 Video Lecture and Quiz: Choosing Proper Running Shoes https://canvas.pointloma.edu/courses/57779/assignments/702381	due by 11:59pm
Mon Nov 22, 2021	 End-of-Course Evaluation https://canvas.pointloma.edu/courses/57779/assignments/702408	due by 11:59pm

Date	Details	Due
Sun Nov 28, 2021	 Week 14 Chapter Nine https://canvas.pointloma.edu/courses/57779/assignments/702390	due by 11:59pm
Sun Dec 12, 2021	 Week 15 Chapter Ten https://canvas.pointloma.edu/courses/57779/assignments/702385	due by 11:59pm
Fri Dec 17, 2021	 WK 15 Activity Log #5 https://canvas.pointloma.edu/courses/57779/assignments/702413	due by 11:59pm
Fri Dec 17, 2021	 WK 15: Activity Log Total Minutes https://canvas.pointloma.edu/courses/57779/assignments/702414	due by 11:59pm
Fri Dec 17, 2021	 Wrap Up Week Wellness Survey https://canvas.pointloma.edu/courses/57779/assignments/702421	due by 11:59pm
Fri Dec 17, 2021	 Extra Credit https://canvas.pointloma.edu/courses/57779/assignments/702410	
Fri Dec 17, 2021	 Mid-Course Survey https://canvas.pointloma.edu/courses/57779/assignments/702386	
Fri Dec 17, 2021	 Week 15 Final Fitness Assessment (Post) https://canvas.pointloma.edu/courses/57779/assignments/702418	