

POINT LOMA NAZARENE UNIVERSITY
Department of Kinesiology
PED 1018 Sec. 1 California Hiking
Spring 2022

Instructor:	Rich Hills, MA
Office:	Kinesiology Office #3
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E-Mail:	rhills@pointloma.edu
Time:	Sec. 1 Monday; Sec. 2 Wednesday – 2:30 – 4:10pm
Location:	Soccer Field
Office Hours:	TBA
Course Hours:	1 Units

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.

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.****

I. General Education:

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

II. Catalog Description:

Development of personal fitness through assessment, theory, and practice; introduces principles of conditioning, nutrition, sleep, and stress management leading to a lifetime of fitness and desirable health practices.

III. Student Objectives and 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.
3. Demonstrate practical techniques for assessing one's own fitness status.
4. Participate in a variety of correctly performed individual and team activities designed to improve healthy fitness levels.
5. Participate in anxiety awareness and mindfulness programs.
6. Participate in sleep awareness and healthy sleep protocols.
7. 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.

General Education Learning Outcome 2a:

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

[\(Questionnaire\)](#)

IV. Required Materials

1. **Textbook:** Afoot and Afield – San Diego County – Jerry Schad

V. Course Requirements: PED 1018 is a 1 unit lab class. This is an **ACTIVITY CLASS**, so you must be dressed down each day unless otherwise stated. The expectation for this class is 100 minutes per week in class and two hours per week outside of class.

Learning Outcomes

- a. Anxiety, stress and fear reduction – Each student will participate in identifying their anxieties, stressors and fears.
- b. Activities to aid in the reduction of anxiety, stress and fear – Each student will participate in identifying and doing a variety of activities (mindfulness, relaxation, meditation, yoga ...)

- c. Movement – Each student will log a minimum 10,000 steps per day for exercise. 5,000 of those steps will be in a purposeful walk for achieving L.O.’s a, b, and c.
- d. Diet – Each student will complete a nutrition analysis and a three day a week food log and create a plan to develop a healthy relationship with foos.
- e. Sleep – Each student will create a personal plan for sleep and log sleep time. Plan to include music, food and drink one hour prior, positive reading and tomorrow’s schedule prior to sleep.

*Nutrition Analysis Website: www.myfitnesspal.com you will need to register and follow prompts to assess your food intake.

*Step counting will require each student to use a pedometer, fitbit or watch to account for daily steps.

Grade:

1. Attendance & Participation (112pts.)
 - a. Attendance (25 pts. 2 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 (25 pts. 2 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, relaxation, eating and sleeping logs – 96 pts. (4 @ 24 pts)
3. Personal paper identifying anxieties, stress and fears. (20 pts)
4. Choose a mindfulness and anxiety/stress reduction plan (20 pts)
5. Choose a sleep plan (20 pts)
5. Self-guided San Diego County off campus trail hikes 40 pts. (2 @ 20 pts)
6. Nutrition Analysis and eating plan (25 pts)

VI. Course Grading:

Total

251 pts

Grade
%
A=90-100
B=80-89
C=70-79
D=60-69
F=0-59

VII. Course Guidelines

1. **Attendance:** 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 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.
2. **Late Work:** Assignments not turned in the day they are due will receive a 0 on that assignment.
3. **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.
4. **Cheating and Plagiarism:** Cheating is the actual or attempted practice of fraudulent or deceptive acts for the purpose of improving one's grade or obtaining course credit; such acts also include assisting another student to do so. Plagiarism is a specific form of cheating which consists of the misuse of the published and/or unpublished works of others by misrepresenting the material (i.e., their intellectual property) so used as one's own work. Penalties for cheating and plagiarism range from a 0 or F on a particular assignment, through an F for the course, to expulsion from the university. For more information on the University's policy regarding cheating and plagiarism, refer to the student handbook:
http://www.pointloma.edu/Handbook/Policies/Academic_Honesty.htm
5. **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.
6. **Ferpa Policy:** In compliance with federal law, neither PLNU student ID nor social security number should be used in publically posted grades or returned sets of assignments without student written permission. This class will meet the federal requirements by (each faculty member 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 student catalog.

7. **Final Exam:** 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.

8. 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