 <b>POINT LOMA</b> NAZARENE UNIVERSITY		<b>Kinesiology Department</b>  <b>PED 2000 - Optimal Health</b>  <b>2 Units</b>
<b>Spring 2022</b>		
<b>Meeting days: Tuesday/Thursday</b>	<b>Instructor title and name: Ted Anderson Ph.D., CSCS</b>	
<b>Meeting times:</b> Sec 2, 7:25 – 8:20 Sec 3, 8:30 – 9:25	<b>Phone: Dr. Anderson’s cell number for text or calls</b> <b>619.602.2040</b>	
<b>Meeting location: Kinesiology #1</b>	<b>E-mail: tedanderson@pointloma.edu</b>	
<b>Final Exam:</b> Sec 2, 7:25 – 8:20 <b>Final Wed 7:30</b> Sec 3, 8:30 – 9:25 <b>Final Fri 7:30</b>	<b>Office location and hours: To the right of the entrance</b> <b>in Golden Gymnasium</b>	

### 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.

#### **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.

This course meets a Foundational Explorations 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.

## **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).

## **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.

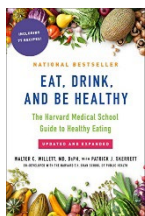
## **MAJOR TOPICS**

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.



## REQUIRED TEXTS AND RECOMMENDED STUDY RESOURCES

Willett, W. C. and Skerrett, P. *Eat, Drink and Be Healthy*.  
Co-Developed with the Harvard T.H. Chan School of Public Health  
ISBN 978-1-5011-6477-4

## 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 2-unit class delivered over 15 weeks. For this course, students will spend an estimated 75 total hours meeting the course learning outcomes (based on 37.5 hours of student engagement per credit hour). Specific details about how the class meets the credit hour requirement can be provided upon request.

Distribution of Student Learning Hours	
Category	Time Expectation in Hours
Online Participation in Discussions, Groups, etc.	35
Reading Assignments	10
Written Assignments	10
Other Assignments & Learning Activities	10
Quizzes, Surveys	10
<b>Total Hours</b>	<b>75</b>

## COURSE SCHEDULE AND ASSIGNMENTS

**PLEASE NOTE – Apple products such as Works, Numbers or Pages cannot be read in CANVAS so points can't be given.**

1. **Chapter Quizzes:** 13 multiple choice chapter quizzes, taken, “open book” in CANVAS.
2. **Final Exam:** A paper summarizing how you have incorporated what you have learned in this course covering two areas: 1. Exercise and 2. Nutrition.
3. **Karvonen, BMR, BMI Formulas** – spreadsheet
4. **Hospitality Assignment** – Your assignment is to think of, or better yet, be led by the Holy Spirit to participate in an act of love toward someone else and then write a Reflection on what you experienced or learned, and then upload your Reflection into Canvas and include a selfie.
5. **Nutritional Analysis** – upload to CANVAS. Include the following:
  - Comment on what changes you might make if improvement is recommended.
  - The nutritional information summary from the web site.
  - Your physical activity summary sheet from the web site.

6. **Nutritional assessment:** <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.
7. **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 their 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 1-2 pages long. Upload to CANVAS.
8. **COMPREHENSIVE EXAM**  
Multiple choice exam (100 questions) covering the entire semester.
9. **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**  
3 Minute Step Test, Peak Heart Rate recorded as well as 1 min. Recovery Heart Rate  
Body Composition – **Optional:** est. body fat %, InBody, Picture or Skyndex caliper  
Body Weight - changes if needed and desired
10. **Course Evaluation** – Fill out the course evaluation at the end of the course.

## ASSESSMENT AND GRADING

Student grades will be posted in the Canvas gradebook. It is important to realize that the semester grade totals are not accurate if there are missing assignments and a grade of zero has not yet been entered. Grades will be based on the following:

Standard Grade Scale Based on Percentages				
A	B	C	D	F
A 90-100	B+ 87	C+ 77	D+ 67	F Less than 59
A- 88-89	B 86 – 80	C 76-70	D 66-60	
	B- 78-79	C- 68-69	D- 59	

**Cognitive Evaluation – 45%** broken down as follows:

Comprehensive Exam – 20%; Chapter Quizzes in Canvas – 20%; Final Exam – 5%

**Assignments – 50%** broken down as follows:

Documentaries notes and questions – 20%; Nutritional Analysis – 10%;

Hospitality Meal – 14%; Critique – 4%; Karvonen, BMR, BMI Formulas – spreadsheet – 2%;

**Physical Evaluation – 5%** Cardiovascular Assessment – 2.5%; Body Composition – 2.5%.

**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.

### **INCOMPLETES AND LATE ASSIGNMENTS**

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.

### **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 PoliciesLinks to an external site.](#) 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](mailto:DRC@pointloma.edu) ([Links to an external site.](#)) 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**

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](#) [Links to an external site.](#) 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.

### **TUTORING**

The PLNU Tutorial Center is available free of charge for all current, undergraduate PLNU students. It offers tutoring for most subjects, as well as for general help with paper editing, study skills, etc. The Tutorial Center is located on the south end of Bond Academic Center, next to the Study Abroad offices. Tutoring is available over the phone at (619) 849 2593, or via email at [TutorialServices@pointloma.edu](mailto:TutorialServices@pointloma.edu) ([Links to an external site.](#)).

### **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](#) [Links to an external site.](#)

### **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 Links to an external site](#).information.

Problems with technology do not relieve you of the responsibility of participating, turning in your assignments, or completing your class work.

## **OFFICE HOURS**

It is important to me that I get to know each of you on an individual level, therefore I will be posting virtual office hours via the Zoom virtual conferencing app. I will send out more details on this soon. I have an open-door policy for questions, nerdy training theory discussions, or if you just need someone to listen and pray for you. I often won't have all the answers, but I'm positive we can figure it out together!

## **ASSIGNMENTS AT-A-GLANCE**

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

## **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](#) to view which states allow online (distance education) outside of California.

## **INCOMPLETES AND LATE ASSIGNMENTS**

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.

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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**

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.

### **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.

### **SPIRITUAL CARE**

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