

Course Syllabus

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Course Information

KIN1000: Fitness Through Movement

**Term:** Fall 2022**Dates:** 8/30 - 12/9**Credit Hours:** 2

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

Rich Hills

Kinesiology Office #2

rhills@pointloma.edu (<mailto:rhills@pointloma.edu>)

619-849-2206

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 16 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 or hybrid 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>) information. Additionally, students are required to have headphone speakers, microphone, or webcams compatible with their computer available to use. Please note that any course with online proctored exams requires a computer with a camera (tablets are not compatible) to complete exams online.

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

PLNU is committed to providing equal opportunity for participation in all its programs, services, and activities. Students with disabilities may request course-related accommodations by contacting the Educational Access Center (EAC), located in the Bond Academic Center (EAC@pointloma.edu <mailto:EAC@pointloma.edu>) or 619-849-2486). Once a student's eligibility for an accommodation has been determined, the EAC will issue an academic accommodation plan ("AP") to all faculty who teach courses in which the student is enrolled each semester.

PLNU highly recommends that students speak with their professors during the first two weeks of each semester/term about the implementation of their AP in that particular course and/or if they do not wish to utilize some or all of the elements of their AP in that course.

Students who need accommodations for a disability should contact the EAC as early as possible (i.e., ideally before the beginning of the semester) to assure appropriate accommodations can be provided. It is the student's responsibility to make the first contact with the EAC.

SEXUAL MISCONDUCT AND DISCRIMINATION

Point Loma Nazarene University faculty are committed to helping create a safe learning environment for all students. If you (or someone you know) have experienced any form of sexual discrimination or misconduct, including sexual assault, dating or domestic violence, or stalking, know that help and support are available through the [Title IX Office](https://www.pointloma.edu/title-ix) (<https://www.pointloma.edu/title-ix>). Please be aware that under Title IX of the Education Amendments of 1972, it is required to disclose information about such misconduct to the Title IX Office.

If you wish to speak to a confidential employee who does not have this reporting responsibility, you can contact Counseling Services at counselingservices@pointloma.edu (<mailto:counselingservices@pointloma.edu>) or find a list of campus pastors at the [Title IX Office | Get Help Now](https://www.pointloma.edu/title-ix/get-help-now) (<https://www.pointloma.edu/title-ix/get-help-now>).

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) [. \(https://www.pointloma.edu/offices/spiritual-development\)](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 State Authorization [map](https://www.pointloma.edu/offices/office-educational-effectiveness/disclosures) [\(https://www.pointloma.edu/offices/office-educational-effectiveness/disclosures\)](https://www.pointloma.edu/offices/office-educational-effectiveness/disclosures) 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	 Academic Honesty Verification Statement (https://canvas.pointloma.edu/courses/62537/assignments/826468)	due by 11:59pm
Mon Mar 1, 2021	 Exercise Consent/Health History Form (https://canvas.pointloma.edu/courses/62537/assignments/826502)	due by 11:59pm
Mon Mar 1, 2021	 State Authorization Verification Form (https://canvas.pointloma.edu/courses/62537/assignments/826481)	due by 11:59pm
Wed Mar 3, 2021	 Week 1 Discussion: Class Introductions (https://canvas.pointloma.edu/courses/62537/assignments/826490)	due by 11:59pm
Wed Mar 10, 2021	 Week 2 Discussion: Quarantine Fitness (https://canvas.pointloma.edu/courses/62537/assignments/826489)	due by 11:59pm

Date	Details	Due
Fri Mar 12, 2021	 Week 2 Karvonen Formula https://canvas.pointloma.edu/courses/62537/assignments/826512	due by 11:59pm
Wed Mar 17, 2021	 Fitness Assessment (pre-testing) https://canvas.pointloma.edu/courses/62537/assignments/826504	due by 11:59pm
Fri Mar 19, 2021	 Week 3 Discussion: Setting a Personal Goal https://canvas.pointloma.edu/courses/62537/assignments/826499	due by 11:59pm
Fri Mar 19, 2021	 Week 3 Fitness Assessment (pre-testing) Survey https://canvas.pointloma.edu/courses/62537/assignments/826484	due by 11:59pm
Fri Mar 19, 2021	 Week 3 Chapter One https://canvas.pointloma.edu/courses/62537/assignments/826480	due by 11:59pm
Wed Mar 24, 2021	 WK 3 Activity Log #1 https://canvas.pointloma.edu/courses/62537/assignments/826508	due by 11:59pm
Wed Mar 24, 2021	 Week 4 Chapter Two https://canvas.pointloma.edu/courses/62537/assignments/826472	due by 11:59pm
Wed Mar 31, 2021	 Week 4 Discussion: Getting Fit and Healthy Lifestyles https://canvas.pointloma.edu/courses/62537/assignments/826500	due by 11:59pm
Fri Mar 26, 2021	 Week 4 Video Lecture and Quiz: Exercise and Disease https://canvas.pointloma.edu/courses/62537/assignments/826482	due by 11:59pm
Wed Mar 31, 2021	 Week 5 Chapter Three https://canvas.pointloma.edu/courses/62537/assignments/826478	due by 11:59pm
Fri Apr 2, 2021	 Week 5 Discussion: Setting a Personal Goal 2 https://canvas.pointloma.edu/courses/62537/assignments/826497	due by 11:59pm
Fri Apr 2, 2021	 Week 5 Video Lecture and Quiz: Different Modes of Training https://canvas.pointloma.edu/courses/62537/assignments/826469	due by 11:59pm

Date	Details	Due
Wed Apr 7, 2021	 Week 6 Chapter Seven https://canvas.pointloma.edu/courses/62537/assignments/826473	due by 11:59pm
	 Week 6 Discussion: Warm-up Routines https://canvas.pointloma.edu/courses/62537/assignments/826498	due by 11:59pm
Fri Apr 9, 2021	 Week 6 Video Lecture and Quiz: Nutrition and Sustainability https://canvas.pointloma.edu/courses/62537/assignments/826477	due by 11:59pm
	 WK 6 Activity Log #2 https://canvas.pointloma.edu/courses/62537/assignments/826509	due by 11:59pm
Wed Apr 14, 2021	 Week 7 Chapter Eight https://canvas.pointloma.edu/courses/62537/assignments/826475	due by 11:59pm
	 Week 7 Discussion: Setting a Personal Goal 3 https://canvas.pointloma.edu/courses/62537/assignments/826495	due by 11:59pm
Fri Apr 16, 2021	 Week 7 Video Lecture and Quiz: Eating at the Caf https://canvas.pointloma.edu/courses/62537/assignments/826486	due by 11:59pm
Wed Apr 21, 2021	 Week 8 Discussion: Improving and Increasing Strength and Flexibility https://canvas.pointloma.edu/courses/62537/assignments/826496	due by 11:59pm
Wed Apr 28, 2021	 Week 9 Discussion: Diversity in Fitness https://canvas.pointloma.edu/courses/62537/assignments/826488	due by 11:59pm
Fri Apr 30, 2021	 WK 9 Activity Log #3 https://canvas.pointloma.edu/courses/62537/assignments/826510	due by 11:59pm
Wed May 5, 2021	 Week 10 Chapter Four https://canvas.pointloma.edu/courses/62537/assignments/826470	due by 11:59pm

Date	Details	Due
	 Week 10 Discussion: Performing Better Through Nutrition Quality and Fitness (https://canvas.pointloma.edu/courses/62537/assignments/826494)	due by 11:59pm
Fri May 7, 2021	 Week 10 Video Lecture and Quiz: Eating Disorders (https://canvas.pointloma.edu/courses/62537/assignments/826466)	due by 11:59pm
Wed May 12, 2021	 Week 11 Chapter Five (https://canvas.pointloma.edu/courses/62537/assignments/826474)	due by 11:59pm
	 Week 11 Discussion: Setting a Personal Goal 4 (https://canvas.pointloma.edu/courses/62537/assignments/826493)	due by 11:59pm
Fri May 14, 2021	 Week 11 Video Lecture and Quiz: Spiritual Connection (https://canvas.pointloma.edu/courses/62537/assignments/826479)	due by 11:59pm
Wed May 19, 2021	 Week 12 Chapter Six (https://canvas.pointloma.edu/courses/62537/assignments/826476)	due by 11:59pm
	 Week 12 Discussion: Weight Loss Advertising (https://canvas.pointloma.edu/courses/62537/assignments/826487)	due by 11:59pm
Fri May 21, 2021	 Week 12 Video Lecture and Quiz: Choosing Proper Running Shoes (https://canvas.pointloma.edu/courses/62537/assignments/826467)	due by 11:59pm
	 WK 12 Activity Log #4 (https://canvas.pointloma.edu/courses/62537/assignments/826505)	due by 11:59pm
Wed May 26, 2021	 Week 13 Discussion: Setting a Personal Goal 5 (https://canvas.pointloma.edu/courses/62537/assignments/826491)	due by 11:59pm
Fri May 28, 2021	 Week 14 Chapter Nine (https://canvas.pointloma.edu/courses/62537/assignments/826471)	due by 11:59pm

Date	Details	Due
Wed Jun 2, 2021	 Week 14 Discussion: Living Life-Long Wellness https://canvas.pointloma.edu/courses/62537/assignments/826492	due by 11:59pm
	 End-of-Course Evaluation https://canvas.pointloma.edu/courses/62537/assignments/826501	due by 11:59pm
Fri Jun 4, 2021	 Week 15 Chapter Ten https://canvas.pointloma.edu/courses/62537/assignments/826485	due by 11:59pm
	 Week 15 Final Fitness Assessment (Post) https://canvas.pointloma.edu/courses/62537/assignments/826511	due by 11:59pm
Wed Jun 9, 2021	 WK 15 Activity Log #5 https://canvas.pointloma.edu/courses/62537/assignments/826506	due by 11:59pm
	 WK 15: Activity Log Total Minutes https://canvas.pointloma.edu/courses/62537/assignments/826507	due by 11:59pm
Fri Jun 11, 2021	 Wrap Up Week Wellness Survey https://canvas.pointloma.edu/courses/62537/assignments/826514	due by 11:59pm
Thu Nov 18, 2021	 Week 9 Nutrition Analysis https://canvas.pointloma.edu/courses/62537/assignments/826513	due by 11:59pm
	 Extra Credit https://canvas.pointloma.edu/courses/62537/assignments/826503	
	 Mid-Course Survey https://canvas.pointloma.edu/courses/62537/assignments/826483	