

	<p style="text-align: center;"><b>Department of Kinesiology</b>  <b>KIN2000: Optimal Health</b>  <b>2 Units</b></p>
<p style="text-align: center;"><b>Fall 2022 Quad 1, 8/30 - 10/18</b>  <b>Online, Asynchronous format</b></p>	

<b>Meeting days: Online</b>	<b>Instructor: Dr. Ted Anderson</b>
<b>Meeting times: Asynchronous</b>	<b>Cell Phone: 619.602.2040</b>
<b>Meeting location: Online</b>	<b>Email: tedanderson@pointloma.edu</b>
<b>Final Exam: 10/18</b>	<b>Office located in the gym, #9</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.

**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 is more than the absence of disease. It is the idea that knowing about health and fitness is not enough; it is knowledge of health and fitness leading to the practice of a healthy lifestyle.

**MAJOR TOPICS**

- Concepts of Optimal Health and Fitness
- Diet, Lifestyle, and Disease
- Directions to Achieve Fitness
- Mindfulness of our Bodies during Exercise & Eating
- Standards of Optimal Health and Fitness
- Benefits of Vigorous Physical Exertion
- Stress and Attitudes

- Nutrition and Weight Control
- Spiritual Fitness

## **CLASS STRUCTURE**

This course is designed as both an academic content course and as a physical activity course. Students will have access to course content online through PLNU's CANVAS software and will participate in daily physical exercise of their choosing. Communication is an integral part of the course, both with the professor and with other classmates; this will be accomplished through online discussions. Pre- and post-session physical testing is designed to measure physical fitness improvement during the course.

## **COURSE LEARNING OUTCOMES**

After completing Optimal Health with a C or better, you will be able to demonstrate the following competencies:

1. Improved cardiovascular fitness (if not already in the "good" category) by way of pre and post testing utilizing the Queen's Step Test--3 minute step test, 1 minute recovery, 16.5" step, 88 bpm/females, 96 bpm/males. (Kinesiology Department, General Education, Student Learning Outcomes #3).
2. If not already in the "good" category, show improved body composition (less body fat) by way of pre and post testing utilizing the Jackson-Pollock 3 site skin fold analysis. (Kinesiology Department, General Education, Student Learning Outcomes #3).
3. Design an individualized fitness program for yourself. (Kinesiology Department, General Education, Student Learning Outcomes #2).
4. Defend your position as to why one meal is a healthier choice than an alternative meal. (Eat This Not That). (Kinesiology Department, General Education, Student Learning Outcomes #2).
5. Identify qualitative differences in foods within the same food groups (good and bad fats, carbohydrates, and proteins). (Kinesiology Department, General Education, Student Learning Outcomes #2).
6. Introspection and self analysis by completing reflection papers in the Mindfulness of Exercise and Eating Assignments. (Kinesiology Department, General Education, Student Learning Outcomes #1).
7. Reflection on ways the course content in Optimal Health is related to your spiritual life. For example, donating blood, helping people move, teaching others to cook healthful meals, etc. (Kinesiology Department, General Education, Student Learning Outcomes #4).

## **FOUNDATIONAL EXPLORATIONS LEARNING OUTCOMES**

By completing the program in Fitness & Physical Activity, you will be able to...

1. perceive the importance of healthy lifestyle choices.
2. demonstrate a lifestyle of healthful eating.
3. demonstrate a lifestyle of physical activity.
4. apply Biblical stewardship principles to your physical body.

## REQUIRED TEXTS AND RECOMMENDED STUDY RESOURCES

**Required text:** *Eat, Drink and Be Healthy* by Walter Willett with Patrick Skerrett, co-developed with the Harvard T.H. Chan School of Public Health (ISBN 0743266420) .

**Required learning management system:** CANVAS

**Recommended:** [My Fitness Pal](#) personal account

## 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 two-unit class delivered over five weeks. It is anticipated that you will spend a minimum of 37.5 participation hours per credit hour on your course work. The time expectations for this course are shown below:

Assignments by Hours

Assignments	Hours
Required Reading	15
Online Discussions, Forums, Groups	5
Exercise Activity Logs	2
Academic Assignments	10
Physical Assessments	4
Quizzes	4
Exercise	35
<b>Total</b>	<b>75</b>

## ASSESSMENT AND GRADING

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.

## ASSIGNMENTS

This course uses weighted grades. Assignment categories are weighted as follows:

- Chapter Quizzes (30%)
- Discussions (20%)
- Assignments (30%)
- Exercise Activity Logs (5%)
- Physical Assessment (15%)

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**Exercise Activity Log:** keep a log of your daily exercise and turn it in weekly

**Multiple Methods of Body Composition Estimation:** spreadsheet

**Nutritional Analysis:** you may use the software of your choice; I recommend [MyFitnessPal.com](http://MyFitnessPal.com)

*It is essential that you analyze and summarize your results. You will actually turn in the Nutritional Analysis Questionnaire and a page from the analysis that has the totals of Carbohydrates, Protein, Vitamins, Minerals, etc.*

**Reflection Papers:** Spiritual Application of Optimal Health Content – giving blood, teaching how to cook healthy meals, yard work, helping someone move, etc.

### **Use of Alternative Methods of Information Delivery to Improve Health and Fitness**

Web sites – recipes, hints

Weight of the Nation Video

Weight Watchers

Muscle Building/Technique Instruction

**Research Paper:** You will research a topic of your choice, hopefully on a topic you care about. Perhaps you or a family member has a health concern--use this assignment to find out more about the topic. You will demonstrate your ability to be a *competent consumer* as well as *supplementing information* contained in class lectures and readings. Examples of appropriate topics include critiquing new exercise equipment, diets, recipes, weight loss programs, etc. *It is important to add to the information presented in class and not repeat it.* This will be a written report approximately four pages long.

### **PHYSICAL ASSESSMENT**

Students of all fitness levels can receive full credit by either maintaining their currently high fitness level or by making progress toward an improved fitness profile.

#### **Fitness Parameters**

3 Minute Step Test, 1 Minute Recovery

Body Composition – estimate body fat % measured by skin caliper using Jackson/Pollack formula

Body Weight

Grades will be based on the following:

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#### **Sample Standard Grade Scale Based on Percentages**

<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>F</b>
A 93-100	B+ 87-89	C+ 77-79	D+ 67-69	F Less than 59
A- 90-92	B 83-86	C 73-76	D 63-66	
	B- 80-82	C- 70-72	D- 60-62	

## **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.

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## **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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## **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.

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## **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 Policies](#) for definitions of kinds of academic dishonesty and for further policy information.

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## **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.

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## **PLNU ATTENDANCE AND PARTICIPATION POLICY**

Regular and punctual attendance at all class sessions is considered essential to optimum academic achievement. If the student is absent for more than 10 percent of class sessions, 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](#) 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.

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## **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**.

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## **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](#). 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](#)

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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](#) 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 require 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.

## ASSIGNMENTS AT-A-GLANCE

Course Summary:

<b>Date</b>	<b>Details</b>
	Quiz <a href="#">Academic Honesty Verification Statement</a>
Tue Aug 30, 2022	Discussion Topic <a href="#">Wk 1   Discussion: Body Composition</a>
	Discussion Topic <a href="#">Wk 1   Discussion: Introduce Yourself</a>
	Page <a href="#">Module 1 Overview</a>
	Assignment <a href="#">Wk 1   Activity Log</a>
Sun Sep 4, 2022	Assignment <a href="#">Wk 1   Body Composition Assessment Spreadsheet &amp; Reflection Paper</a>

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Date	Details
Wed Sep 7, 2022	Quiz <a href="#">Wk 2   Chapter 1 Quiz: Healthy Eating Matters</a>
	Discussion Topic <a href="#">Wk 2   Discussion: Burning Calories &amp; Metabolism</a>
Thu Sep 8, 2022	Discussion Topic <a href="#">Wk 2   Discussion: Principles of Exercise</a>
Sun Sep 11, 2022	Assignment <a href="#">Wk 2   Activity Log</a>
	Assignment <a href="#">Wk 2   Physical Assessment: Cardiovascular Fitness</a>
Wed Sep 14, 2022	Quiz <a href="#">Wk 3   Chapter 2 Quiz: Of Pyramids, Plates, and Dietary Guidelines</a>
	Quiz <a href="#">Wk 3   Chapter 3 Quiz: What Can You Believe About Diet?</a>
Sun Sep 18, 2022	Assignment <a href="#">Wk 3   Activity Log</a>
Wed Sep 21, 2022	Quiz <a href="#">Wk 4   Chapter 4 Quiz: Healthy Weight</a>
Thu Sep 22, 2022	Discussion Topic <a href="#">Wk 4   Chapter Discussion</a>
Fri Sep 23, 2022	Quiz <a href="#">Wk 4   Chapter 5 Quiz: Fats Quiz</a>
	Discussion Topic <a href="#">Wk 4   Discussion: Internet Sources for Health &amp; Fitness Support</a>
Sun Sep 25, 2022	Assignment <a href="#">Wk 4   Activity Log</a>
Mon Sep 26, 2022	Page <a href="#">Module 3 Overview</a>
Wed Sep 28, 2022	Quiz <a href="#">Wk 5   Chapter 6 Quiz: Carbohydrates</a>



<b>Date</b>	<b>Details</b>
Thu Sep 29, 2022	Assignment <a href="#">Wk 5   Nutritional Analysis</a>
Fri Sep 30, 2022	Quiz <a href="#">Wk 5   Chapter 7 Quiz: Protein</a>
Sun Oct 2, 2022	Assignment <a href="#">Wk 5   Activity Log</a>
Mon Oct 3, 2022	Page <a href="#">Module 4 Overview</a>
Wed Oct 5, 2022	Quiz <a href="#">Wk 6   Chapter 8 Quiz: Fruits/Veggies</a>
	Assignment <a href="#">Wk 6   Stewardship Reflection Paper</a>
Thu Oct 6, 2022	Quiz <a href="#">Wk 6   Chapter 9 Quiz: You Are What You Drink</a>
Sun Oct 9, 2022	Assignment <a href="#">Wk 6   Activity Log</a>
	Assignment <a href="#">Wk 7   Activity Log</a>
Wed Oct 12, 2022	Quiz <a href="#">Wk 7   Chapter 10 Quiz: Calcium-No Emergency</a>
Thu Oct 13, 2022	Quiz <a href="#">Wk 7   Chapter 11 Quiz: Take a Multivitamin for Insurance</a>
Mon Oct 17, 2022	Page <a href="#">Module 5 Overview</a>
	Assignment <a href="#">End-of-Course Evaluation</a>
	Quiz <a href="#">Wk 8   Chapter 12 Quiz: The Planet's Health Matters Too</a>
Tue Oct 18, 2022	Quiz <a href="#">Wk 8   Chapter 13 Quiz: Putting It All Together</a>
	Quiz <a href="#">Wk 8   Chapter 14 Quiz: Healthy Eating in Special Situations</a>
	Assignment <a href="#">Wk 8   Critique</a>

**Date**

**Details**

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Assignment [Wk 8 | Last Day Physical Assessment](#)

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Assignment [Wk 1 | Survey: Body Composition, Body Image](#)

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Quiz [Wk 5 | Dr. Oz Video Clip & Quiz](#)

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