


Course Syllabus

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Course Information

	<p>Kinesiology/Point Loma Nazarene University</p> <p>KIN 1018 Southern California Hiking</p> <p>1 unit</p>
<p>Fall, 2023</p>	

Instructor Contact Information

<p>Meeting days:</p> <p>Section 1 - Mondays: 2:30 p.m. - 4:10 p.m.</p> <p>Section 2 - Wednesdays: 2:30 p.m. - 4:10 p.m.</p>	<p>Instructor name: Rich Hills</p>
<p>Meeting times:</p>	<p>Phone: 619-849-2206</p>
<p>Meeting location: Soccer Field</p>	<p>Email: rhills@pointloma.edu</p>
<p>Office hours: TBA</p>	

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.

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.**

FOUNDATIONAL EXPLORATIONS

The purpose of Foundational Explorations is to provide a common educational experience, to develop essential skills, and to provide a broad cultural background for personal and professional growth. The Foundational Explorations 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 KIN 2000: Optimal Health.

COURSE DESCRIPTION

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

COURSE 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.

1. Anxiety, stress and fear reduction – Each student will participate in identifying their anxieties, stressors and fears.
2. 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 ...)
3. 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.
4. Diet – Each student will complete a nutrition analysis and a three day a week food log.
5. 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.

FOUNDATIONAL EXPLORATIONS LEARNING OUTCOME 2a:

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

REQUIRED TEXTS AND RECOMMENDED STUDY RESOURCES

Textbook: Afoot and Afield – San Diego County – Jerry Schad

COURSE REQUIREMENTS



KIN 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.

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 1 unit class delivered over 15 weeks. Specific details about how the class meets the credit hour requirement can be provided upon request. (Based on 37.5 hours of student engagement per credit hour.)

COURSE ASSIGNMENTS

1. Attendance & Participation (112pts.)
 - A. Attendance (56 pts. 4 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 (56 pts. 4 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, eating and sleeping logs – 96 pts. (4 @ 24 pts)
3. Personal paper identifying anxieties, stress and fears. (20 pts)
4. You plan for activities/strategies employing mindfulness, relaxation, music and stretching to help reduce anxiety, stress and fears. (20 pts)
5. San Diego County off campus trail hikes 40 pts. (2 @ 20 pts)
6. Nutrition Analysis 25 pts.
7. Total: 313 pts.

ASSESSMENT AND GRADING

Grade Scale

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

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** (<https://www.pointloma.edu/offices/office-institutional-effectiveness-research/disclosures>) to view which states allow online (distance education) outside of California.

LATE WORK

Assignments not turned in the day they are due will receive a 0 on that assignment.

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.

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 Policies** (<http://catalog.pointloma.edu/content.php?catoid=18&navoid=1278>) for definitions of kinds of academic dishonesty and for further policy information.

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.

PLNU ATTENDANCE AND PARTICIPATION POLICY

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 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 withdrawal date or, after that date, receive the appropriate grade for their work and participation. See [Academic Policies \(http://catalog.pointloma.edu/content.php?catoid=18&navoid=1278\)](http://catalog.pointloma.edu/content.php?catoid=18&navoid=1278) in the Undergraduate Academic Catalog.

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).

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 \(https://help.pointloma.edu/TDCClient/1808/Portal/KB/ArticleDet?ID=108349\)](https://help.pointloma.edu/TDCClient/1808/Portal/KB/ArticleDet?ID=108349) information.

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

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

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 Mountain














Week 13 - Mindfulness, relaxation, yoga stretch and campus walk, 4th log due

Week 14 – Mindfulness, relaxation, yoga stretch and campus walk
















Course Summary:















Date	Details	Due
Mon Jan 16, 2023	 <u>PED1018- week 1</u> (https://canvas.pointloma.edu/calendar?event_id=150518&include_contexts=course_71749)	2:30pm to 3:30pm
Wed Jan 18, 2023	 <u>PED1018-2 FA20 - Southern California Hiking</u> (https://canvas.pointloma.edu/calendar?event_id=150519&include_contexts=course_71749)	2:30pm to 3:30pm
Mon Jan 23, 2023	 <u>Week 5: Video of the Week</u>	to do: 11:59pm
Mon Jan 30, 2023	 <u>Week 7: Video of the Week</u>	to do: 11:59pm
Mon Apr 3, 2023	 <u>COVID-19 Preparedness</u> (https://canvas.pointloma.edu/courses/71749/assignments/995830)	due by 11:59pm
Fri Apr 7, 2023	 <u>Week 2: Discussion Questions</u> (https://canvas.pointloma.edu/courses/71749/assignments/995823)	due by 11:59pm
Mon Apr 10, 2023	 <u>Week 2: Video of the Week</u>	to do: 11:59pm
	 <u>Week 3: Video of the Week</u>	to do: 11:59pm









Date	Details	Due
Fri Apr 14, 2023	 <u>Week 3: Discussion Relaxation Program</u> https://canvas.pointloma.edu/courses/71749/assignments/995822	due by 11:59pm
Sun Apr 16, 2023	 <u>Week 3: Discussion Relaxation Program</u> https://canvas.pointloma.edu/courses/71749/assignments/995849	due by 11:59pm
Fri Apr 21, 2023	 <u>Week 5: Discussion Sleep Program</u> https://canvas.pointloma.edu/courses/71749/assignments/995824	due by 11:59pm
Sun Apr 30, 2023	 <u>Week 7: Discussion Nutrition Tracking</u> https://canvas.pointloma.edu/courses/71749/assignments/995825	due by 11:59pm
Sun Apr 30, 2023	 <u>Mid-Course Survey</u> https://canvas.pointloma.edu/courses/71749/assignments/995819	due by 11:59pm
Fri May 5, 2023	 <u>Week 10: Discussion Update</u> https://canvas.pointloma.edu/courses/71749/assignments/995826	due by 11:59pm
Fri May 5, 2023	 <u>Week 9: Discussion Great Trail Hike</u> https://canvas.pointloma.edu/courses/71749/assignments/995820	due by 11:59pm
Sun May 14, 2023	 <u>Week 14: Discussion</u> https://canvas.pointloma.edu/courses/71749/assignments/995827	due by 11:59pm
Sun May 28, 2023	 <u>Week 1: Assignment Copy</u> https://canvas.pointloma.edu/courses/71749/assignments/995842	due by 11:59pm
Sun May 28, 2023	 <u>Week 1 Overview</u>	to do: 11:59pm
Sun Jun 25, 2023	 <u>Week 9: Assignment 2</u> https://canvas.pointloma.edu/courses/71749/assignments/995864	due by 11:59pm
Sun Jan 14, 2024	 <u>Week 1: Discussion Class goals</u> https://canvas.pointloma.edu/courses/71749/assignments/995821	due by 11:59pm
Sun Jan 14, 2024	 <u>Week 1: Video of the Week</u> https://canvas.pointloma.edu/courses/71749/assignments/995829	due by 11:59pm



Date	Details	Due
Sun Jan 21, 2024	 Week 1: Assignment https://canvas.pointloma.edu/courses/71749/assignments/995841	due by 11:59pm
	 Week 2: Assignment https://canvas.pointloma.edu/courses/71749/assignments/995843	due by 11:59pm
	 Week 2: Assignment 2 https://canvas.pointloma.edu/courses/71749/assignments/995844	due by 11:59pm
	 Week 2: Video of the Week https://canvas.pointloma.edu/courses/71749/assignments/995845	due by 11:59pm
Sun Jan 28, 2024	 Week 3 Personal Inventory https://canvas.pointloma.edu/courses/71749/assignments/995846	due by 11:59pm
	 Week 3: Assignment https://canvas.pointloma.edu/courses/71749/assignments/995847	due by 11:59pm
	 Week 3: Video of the Week https://canvas.pointloma.edu/courses/71749/assignments/995850	due by 11:59pm
Sun Feb 4, 2024	 Week 4: Assignment https://canvas.pointloma.edu/courses/71749/assignments/995851	due by 11:59pm
	 Week 4: Assignment 2 https://canvas.pointloma.edu/courses/71749/assignments/995852	due by 11:59pm
	 Week 4: Video of the Week Sleep Program https://canvas.pointloma.edu/courses/71749/assignments/995853	due by 11:59pm
Sun Feb 11, 2024	 Week 5: Assignment https://canvas.pointloma.edu/courses/71749/assignments/995854	due by 11:59pm
	 Week 5: Sleep Program https://canvas.pointloma.edu/courses/71749/assignments/995855	due by 11:59pm
	 Week 5: Video of the Week Sleep Program https://canvas.pointloma.edu/courses/71749/assignments/995856	due by 11:59pm
Sun Feb 18, 2024	 Week 6: Assignment https://canvas.pointloma.edu/courses/71749/assignments/995857	due by 

Date	Details	Due
Sun Feb 25, 2024	 <u>Week 7: Assignment</u> https://canvas.pointloma.edu/courses/71749/assignments/995858	due by 11:59pm
	 <u>Week 7: Assignment 2</u> https://canvas.pointloma.edu/courses/71749/assignments/995859	due by 11:59pm
	 <u>Week 7: Video of the Week Nutrition Program</u> https://canvas.pointloma.edu/courses/71749/assignments/995860	due by 11:59pm
Sun Mar 3, 2024	 <u>Week 8: Assignment</u> https://canvas.pointloma.edu/courses/71749/assignments/995861	due by 11:59pm
	 <u>Week 8: Assignment 2</u> https://canvas.pointloma.edu/courses/71749/assignments/995862	due by 11:59pm
Sun Mar 17, 2024	 <u>Week 9: Assignment</u> https://canvas.pointloma.edu/courses/71749/assignments/995863	due by 11:59pm
	 <u>Week 9: Video of the Week</u> https://canvas.pointloma.edu/courses/71749/assignments/995865	due by 11:59pm
Sun Mar 24, 2024	 <u>Week 10: Assignment</u> https://canvas.pointloma.edu/courses/71749/assignments/995832	due by 11:59pm
Sun Mar 31, 2024	 <u>Week 11: Assignment</u> https://canvas.pointloma.edu/courses/71749/assignments/995833	due by 11:59pm
	 <u>Week 11: Video of the Week</u> https://canvas.pointloma.edu/courses/71749/assignments/995834	due by 11:59pm
Sun Apr 7, 2024	 <u>Week 12: Assignment</u> https://canvas.pointloma.edu/courses/71749/assignments/995835	due by 11:59pm
Sun Apr 14, 2024	 <u>Week 13: Assignment</u> https://canvas.pointloma.edu/courses/71749/assignments/995836	due by 11:59pm
	 <u>Week 13: Assignment 2</u> https://canvas.pointloma.edu/courses/71749/assignments/995837	due by 11:59pm
Sun Apr 21, 2024	 <u>Week 14: Assignment</u> https://canvas.pointloma.edu/courses/71749/assignments/995838	due by 11:59pm



Date	Details	Due
	 <u>Week 14: Video of the Week</u> (https://canvas.pointloma.edu/courses/71749/assignments/995839)	due by 11:59pm
Wed Apr 24, 2024	 <u>Week 15: Attendance</u> (https://canvas.pointloma.edu/courses/71749/assignments/995840)	due by 11:59pm
Fri May 3, 2024	 <u>Wellness Survey</u> (https://canvas.pointloma.edu/courses/71749/assignments/995866)	due by 11:59pm
	 <u>Week 1 Activity Log Minutes</u> (https://canvas.pointloma.edu/courses/71749/assignments/995831)	
	 <u>Week 2: Discussion Questions</u> (https://canvas.pointloma.edu/courses/71749/assignments/995828)	
	 <u>Week 3: Assignment Relaxation Program</u> (https://canvas.pointloma.edu/courses/71749/assignments/995848)	

