

Fitness through Movement (through running) 2018 - Section 3 (M-W 8:30-9:25)
Class meets in the Gym or at the Track as announced prior to class meeting
PED 100

Professor: Jerry Arvin jerryarvin@pointloma.edu Office: 619-849-2588

Office Location Kinesiology Building Office #1 on campus daily from 8 am to 5:30 pm if I am not in the office schedule an appointment with me when we are both free.

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.

General Education: This course is one of the components of the General Education Programs at PLNU, under the category of “Exploring an Interdependent World, Physical Fitness and Nutrition”. By including this course in a common educational experience for undergraduates, the faculty supports an introduction to the natural and social sciences as tools for exploring the world, with emphasis on collection and interpreting empirical data for both theoretical and practical purposes. *Note: If you are a Physical Education, Exercise Science, or Athletic Training Major – take PED 200 – Optimal Health*

Textbook: *Get Fit, Stay Fit* (7th ed.) by William Prentice.

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.

IDEA Objectives:

- Gaining factual knowledge (terminology, classifications, methods, trends)
- Developing a clearer understanding of, and commitment to, personal values

Course Learning Outcomes: At the successful completion of this course the student will be able to do the following:

1. Assess current personal lifestyle and develop an understanding of self that fosters personal wellbeing.
2. Identify and explain how the health related components of physical fitness contribute to general health and wellness and apply to various exercise activities.
3. Identify potential risks as well as the benefits associated with exercise.
4. Demonstrate practical techniques for assessing one’s own fitness status.

5. Participate in a running program designed to improve physical fitness levels.
6. 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.
7. Students will meet or show progress toward basic fundamental skill level.

Course Requirements: PED 100 is a two-unit lab class. This is an activity class, so you must be dressed out each day unless otherwise stated. The expectation for this class is **two hours per week in class** and **two hours per week outside of class**.

1. Knowledge (235 pts.)
 - a. Weekly chapter quizzes – online (eclass) (100 pts. – 10 pts ea.)
 - b. Nutrition Analysis Paper – (25 pts) (*see website address below for instructions)
 - c. Fitness Assessment Paper – (25 pts)
 - d. Activity Logs (25 pts – 5 pts ea.)
 - e. Final Assessment (25 pts)
 - f. Online Quizzes – (35 pts. – 5pts ea.)
2. Attendance & Participation (200 pts.)
 - a. Attendance (150 pts. 5 pts a day) Roll is taken every day. After your 3rd absence for any reason your grade will go down 20 points (4 absences x 5 points) and then 5 more points for each additional absence. See “University Policy” website below.
 - b. Participation/Attitude & Effort (50 pts) Be here, be happy & run with a smile! Being tardy will count against these points be on time or early.

Grading Scale: 435 pts. Total

A 402-435 A- 391-401 B+ 380-390 B 359-379 B- 348-358 C+ 337-347 C 315-336 C- 304-314

D+ 293-303 D 271-292 D- 261-270 below 261 Failing

***Nutrition Analysis Website:**

<http://ChooseMyPlate.gov> You will need to register and follow prompts to assess your food intake.

Final Exam Scheduled: Wednesday May 2nd 2018 from 7:30am – 10:00 am location TBD

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](#) site. No requests for early examinations or alternative days will be approved.

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

PLNU ACADEMIC ACCOMMODATIONS POLICY

If you have a diagnosed disability, please contact PLNU's Disability Resource Center (DRC) within the first two weeks of class to demonstrate need and to register for accommodation by phone at 619-849-2486 or by e-mail at DRC@pointloma.edu. See [Disability Resource Center](#) for additional information.

PLNU ATTENDANCE AND PARTICIPATION POLICY

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