

POINT LOMA NAZARENE UNIVERSITY
Department of Kinesiology
PED 100 Fitness Through Movement
Fall 2017

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| Instructor: | Josh Dexheimer, PhDc, CSCS, USAW, PES |
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| Time: | M and W: 11am-11:50am |
| Location: | Track |
| Office Hours: | Monday/Thursday 8am-10am or by appointment |
| Course Hours: | 2 Units |

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.

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.**

I. General Education:

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. Note: If you are a Physical Education, Exercise Science, or Athletic Training Major – take PED 200 – Optimal Health

II. Catalog 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.

III. Student Objectives and 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.

After completion of this course students will be able to:

1. Assess current personal lifestyle and develop a plan for optimal lifelong wellness.
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 variety of correctly performed individual and team activities 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.

General Education Learning Outcome 2a:

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

[\(Questionnaire\)](#)

IV. Required Materials

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

V. Course Requirements: PED 100 is a 2 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 two hours per week in class and two hours per week outside of class.

1. Knowledge (216 pts.)
 - a. Daily chapter quizzes – online (eclass) (100 pts. – 10 pts ea.)
 - b. Nutrition Analysis Paper – (25 pts) (*see website address below for instructions)
 - c. Initial Fitness Assessment Paper – (25 pts)
 - d. Activity Logs (25 pts – 5 pts ea.)
 - e. Final Assessment Paper (25 pts)
 - f. Handouts/Survey (16 pts)

*Nutrition Analysis Website: www.myfitnesspal.com You will need to register and follow prompts to assess your food intake.

2. Attendance & Participation (200pts.)
 - a. Attendance (150 pts. 5 pts a day) Roll is taken every day. 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 (50 pts): Come to class dressed to workout. 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.
3 H's: Here, Happy, Hustle. Be here, be happy & hustle!

VI. Course Grading:

Total

416 pts

| Grade |
|-----------|
| A=93-100 |
| A-= 92-90 |
| B+=87-89 |
| B=83-86 |
| B-=80-82 |
| C+=77-79 |
| C= 73-76 |
| C-=70-72 |
| D+=67-69 |
| D=63-66 |
| D-=60-62 |
| F=0-59 |

VII. Course Guidelines

1. **Attendance:** 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 has the option of filing a written report which may result in de-enrollment. If the absences exceed 20 percent, the student may be de-enrolled without notice. If the date of de-enrollment is past the last date to withdraw from a class, the student will be assigned a grade of W or WF consistent with university policy in the grading section of the catalog. See [Academic Policies](#) in the (undergrad/graduate as appropriate) academic catalog.
2. **Late Work:** Assignments not turned in the day they are due will receive a 0 on that assignment.

3. **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.
4. **Cheating and Plagiarism:** Cheating is the actual or attempted practice of fraudulent or deceptive acts for the purpose of improving one's grade or obtaining course credit; such acts also include assisting another student to do so. Plagiarism is a specific form of cheating which consists of the misuse of the published and/or unpublished works of others by misrepresenting the material (i.e., their intellectual property) so used as one's own work. Penalties for cheating and plagiarism range from a 0 or F on a particular assignment, through an F for the course, to expulsion from the university. For more information on the University's policy regarding cheating and plagiarism, refer to the student handbook:
http://www.pointloma.edu/Handbook/Policies/Academic_Honesty.htm
5. **Academic Accommodations:** While all students are expected to meet the minimum academic standards for completion of this course as established by the instructor, students with disabilities may request academic accommodations. At Point Loma Nazarene University, students must request that academic accommodations by filing documentation with the [Disability Resource Center](#) (DRC), located in the Bond Academic Center. Once the student files documentation, the Disability Resource Center will contact the student's instructors and provide written recommendations for reasonable and appropriate accommodations to meet the individual needs of the student. See [Academic Policies](#) in the (undergrad/graduate as appropriate) academic catalog.
6. **Ferpa Policy:** In compliance with federal law, neither PLNU student ID nor social security number should be used in publically posted grades or returned sets of assignments without student written permission. This class will meet the federal requirements by (each faculty member choose one strategy to use: distributing all grades and papers individually; requesting and filing written student permission; or assigning each student a unique class ID number not identifiable on the alphabetic roster.). Also in compliance with FERPA, you will be the only person given information about your progress in this class unless you have designated others to receive it in the "Information Release" section of the student portal. See Policy Statements in the undergrad student catalog.
7. **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](#) site. No requests for early examinations or alternative days will be approved.

Tentative course schedule

| Date | Activity | Assignments Due |
|----------------------|---|---|
| Aug 29th | Introduction, syllabus, exercise consent form, health history, heart rate formula, etc. | |
| Aug 30th | Body Composition Testing | Exercise consent form and Karvonen Formula |
| Sept 6th | Meet on tennis courts: Pre-Test Fitness Assessment | |
| Sept 11th | Intro to Ultimate Frisbee | |
| Sept 13th | Ultimate Frisbee | Fitness Assessment Paper and Activity Log 1 |
| Sept 18th | Ultimate Frisbee | |
| Sept 20th | Core/Legs-Circuit | |
| Sept 25th | VO2max and Lecture | |
| Sept 27th | Intro to Football | |
| Oct 2nd | Football | |
| Oct 4th | Football | Activity Log 2 |
| Oct 9th | Non-Traditional Sport (Boccerball) | |
| Oct 11th | Non-Traditional Sport (Quidditch) | |
| Oct 16th | Hill Street | |
| Oct 18th | Nutrition Lecture | Nutrition Analysis Paper |
| Oct 23 rd | Kick Ball | |
| Oct 25 th | Core/Legs Circuit | Activity Log 3 |
| Oct 30 th | Halloween Quidditch | |
| Nov 1 st | Non-Traditional Sport (Boccerball) | |
| Nov 6 th | Cliff run to beach | |
| Nov 8 th | HIIT and Stretch | |
| Nov 13 th | Ultimate Frisbee | |
| Nov 15 th | Exercise Lecture | Activity Log 4 |
| Nov 20 th | Football | |
| Nov 22 nd | No Class Thanksgiving Break | |
| Nov 27 th | Ultimate Frisbee Tournament | |
| Nov 29 th | Ultimate Frisbee Tournament | Wellness Survey |
| Dec 4 th | Post-Test Fitness Assessment— Body Composition Testing | |
| Dec 6 th | Post-Test Fitness Assessment | Activity Log 5 |
| Dec 8 th | All Quizzes Are Due. Turn in Final Paper | All Quizzes Final reflection paper |
| Dec 13th | No Class | |