

Fitness through Movement PED 100

Fall 2017

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| Meeting days: Tuesday & Thursday | Instructor: Shane Peterson |
| Meeting times: 10:00 – 10:55 pm | Phone: 849 - 7083 |
| Final Exam: Tuesday 10:30 pm – 1:00 pm | E-mail: speterso@pointloma.edu |

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.

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.

Fitness Through Movement focuses on development of personal fitness through assessment, theory and practice. This course introduces principles of conditioning, nutrition, and stress management using a variety of methods to achieve a high level of fitness leading to a lifetime of fitness and desirable health practices. This particular course will use high intensity training (H.I.T.) as the primary method of attaining this course's fitness goals.

Required Texts

Get Fit Stay Fit – 7th Edition by William Prentice.

Student Learning Outcomes

The primary objective of this course is to acquaint students with the knowledge and activities required to make wise decisions about a lifetime of health and fitness. At the completion of this course the student will be able to do the following:

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.
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 activities designed to improve their physical fitness levels.
6. Explain how nutrition relates to health and wellness, and describe components of healthy nutritional habits, assess personal eating habits, and design a personal nutritional program based on sound nutrition.

Course Requirements

PED 100 is a two unit lab class. **THIS IS AN ACTIVITY CLASS.** Therefore, you must be dressed appropriately for exercise each day unless otherwise stated. The expectation for this class is two hours per week in class and two hours per week out-side of class. (Activity & activity logs)

A. Knowledge (290 points)

1. Chapter quizzes. (10 at 10 points each = 100 points)
2. Karvonen Formula Worksheet (5 points)
3. Activity logs (outside class) (5 at 9 points each = 45 points)
4. Exercise Consent / Health History Form (5 points)
5. Nutrition Analysis Paper. (40 points)
6. Instructor Videos with quizzes on various topics (40 points)
7. Fitness Assessment Sheet with Personal Paper. (45 points)
8. Wellness Survey (10 points)

B. Attendance & Participation (200 points)

1. Attendance (150 points) Roll taken every day. Five points deducted for each absence.
2. Participation/**Attitude/Effort** (50 points)

Grading Scale: (Total = 490 points)

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|----|---------|----|---------|----|---------------|
| A | 490-455 | B- | 405-392 | D+ | 342-328 |
| A- | 454-441 | C+ | 391-377 | D | 327-308 |
| B+ | 440-426 | C | 376-357 | D- | 307-294 |
| B | 425-406 | C- | 356-343 | F | 293 and below |

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.