

Optimal Health
PED 200; Spring 2017; 2 units

Instructor	Alisa Ward—Alisaward@pointloma.edu 619 849-2557 Final Exam: 5/4 submitted before 1:30pm	Tuesday/Thursdays 1:30-2:25pm Kinesiology 1
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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.

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 as more than the absence of disease.

Major Topics—

Concepts of Optimal Health and Fitness	Diet and Disease
Directions to Achieve Fitness	Lifestyle and Disease
Standards of Optimal Health	Nutrition and Weight Control
Development of an Optimal Fitness Program	Stress and Attitude
Benefits of Vigorous Physical Exertion	Spiritual Fitness

Class Structure—This is a lecture and activity class. Scheduled class meetings will be utilized primarily for lectures and group activities. At minimum, two hours per week of aerobic activity are required each week at the student's convenience. Physical testing is designed to confirm participation in an exercise program.

Canvas—Quizzes covering the text will be taken online via Canvas. Syllabus, assignments and lectures are also available on Canvas.

Textbook—*Eat, Drink and Be Healthy* by Walter Willett with Patrick J. Skerrett (ISBN 978-0743266420)

Cognitive Evaluation—

Exams—Three exams covering materials from the lectures and the text
Chapter Quizzes—9 multiple choice quizzes
Canvas Quizzes—3 on-line readings with a quiz

Assignments—*late assignments are not accepted*

Worksheets (Karvonen formula, BMI Formula, Surveys, etc.) & Activity Logs

Nutrition Analysis—evaluate your own nutritional habits and comment on how you can improve whatever shortcomings are brought to your attention by the analysis.

Course Evaluation—fill out the course evaluation via Canvas at the end of the semester.

Reflection Paper—your final exam is a reflection paper at the end of the semester, post body comp & step test.

Active Participation (Physical Evaluation)—Students will receive points for either maintaining your current high fitness level or by making progress toward an improved fitness profile. Students will also receive points for participation and attendance. Students who miss three classes or more will be docked 5 points for every additional absence (excused or unexcused). Three tardies will count as one absence. Students will also receive points for actively participating in class discussions. “Thought of the Day” or an in-class quiz will often count as 5 points for attendance and cannot be made up when absent.

Fitness Parameters—

1. Three minute step test
2. Body Composition—estimated body fat percentage measured by skin fold caliper
3. Body Weight
4. Muscular Endurance/Strength
5. Flexibility

Course Learning Outcomes—students will:

- have a concept of optimal health and fitness & know standards of optimal health and fitness
- discuss the role of nutrition in health and weight control
- be able to develop a fitness program and know the benefits of vigorous physical exertion
- describe the correlation of diet and disease and lifestyle and disease

Grading Scale—Your assignments will be posted regularly on Canvas. You will always have access to your current grade.

Cognitive Assessment—~50% Total

Exams—100 points each (300 points total)

Chapter Quizzes—between 10 & 50 points each (240 points total)

Canvas Quizzes—between 10 & 20 points each (45 points total)

Assignments—~20% Total

Worksheets (Activity Logs)—(25 points total)

Nutrition Analysis PART ONE —(50 points)

Nutrition Analysis PART TWO —(100 points)

Reflection Paper—(50 points)

Active Participation—~30% Total

Attendance & Participation—(150 points)

Physical Assessment—(200 points Total)

Cardiovascular & Endurance Test Assessment & Data Submission—(150 points)

Body Composition—(50 points)

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

Final Exam—Your final exam is your post-step testing & reflection paper.

Attendance and Participation—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.

Academic Honesty—Students should demonstrate academic honesty by doing original work and by giving appropriate credit to the ideas of others. As explained in the university catalog, 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. Violations of university academic honesty include cheating, plagiarism, falsification, aiding the academic dishonesty of others, or malicious misuse of university resources. A faculty member who believes a situation involving academic dishonesty has been detected may assign a failing grade for a) that particular assignment or examination, and/or b) the course following the procedure in the university catalog. Students may appeal also using the procedure in the university catalog. See [Academic Policies](#) for further information.

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.

Course Credit Hours 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 2 unit class delivered as a semester course. Specific details about how the class meets the credit hour requirement can be provided upon request.

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.

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.

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 of those materials outside the class may violate the law.