



Fall 2017

<b>Meeting days:</b> Mon/Wed	<b>Instructor title and name:</b> Heidi Lynch, PhD, RD
<b>Meeting times:</b> 7:25-8:20 am	<b>Phone:</b> 619-849-3306
<b>Meeting location:</b> KIN 2	<b>E-mail:</b> hlynch@pointloma.edu
<b>Final Exam:</b> Monday, December 11 7:30-10:00 am KIN 2	<b>Office location and hours:</b> Mondays 8:30-9:30, 10:45-11:45 am and 1:15-2:30 pm Tuesdays 8:00-10:30 am Wednesdays 8:30-9:30 am, 1:15-4:00 pm Office 7 in Kinesiology department office area

**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**

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 LEARNING OUTCOMES**

Students will:

1. develop a concept of optimal health and fitness, and understand standards of optimal health and fitness
2. discuss the role of nutrition in health and weight control

3. be able to develop a basic fitness program and comprehend the benefits of different types of physical exertion
4. describe the associations between diet, lifestyle, and 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
Stress and Attitude	Spiritual Fitness
Development of an Optimal Fitness Program	Benefits of Vigorous Physical Exertion

### Class Structure

This is a lecture and activity class. Scheduled class meetings will be utilized primarily for lectures and group activities. Students are expected to engage in at least 150 minutes per week of aerobic exercise and two days per week of strength training. Physical testing is designed to confirm participation in an exercise program.

### Canvas

It is expected that students regularly check Canvas as any announcements related to class will be posted on Canvas. Quizzes covering the text will be taken online via Canvas. The course syllabus, assignments, lecture PowerPoints, and grades are also available on Canvas. Please note that PowerPoints may be modified up until the day of lecture.

### Active Participation

Students will receive points for participation and attendance. Students who miss three classes will lose 5 points for every additional unexcused absence. Out of respect to the professor and fellow students, arriving late to class (more than five minutes) three times will count as one absence. Students will also periodically 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.

### COURSE SCHEDULE AND ASSIGNMENTS

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Class date	Class content	Assignment due date
Tues 8/29	Introduction to optimal health	Begin logging your physical activity
Wed 8/30	Defining optimal health, personal goals	
<b>Mon 9/4</b>	<b>LABOR DAY: NO CLASS</b>	
Wed 9/6	Women only: body composition & step test	About Me
Mon 9/11	Research Methods	
Wed 9/13	Men only: body composition & step test	Quiz on Ch 2-3
Mon 9/18	Body image	
Wed 9/20	Body types: somatotypes	Activity log #1

Mon 9/25	Sustainability, ethics, and health	Quiz on Canvas reading #1
Wed 9/27	BMR, set point theory, NEAT, metabolic rate, Energy systems	
Mon 10/2	BMR, set point theory, NEAT, metabolic rate, Energy systems	
Wed 10/4	BMR, set point theory, NEAT, metabolic rate, Energy systems	
Mon 10/9	Fats	Quiz on Ch 4
Wed 10/11	Fats	Nutritional Analysis Part 1 and activity log #2 due
Mon 10/16	Cholesterol	
Wed 10/18	Proteins	Quiz on Ch 6
Mon 10/23	Carbohydrates	Quizzes on Ch 5 & 7
Wed 10/25	<b>EXAM 1</b>	Activity log #3 due
Mon 10/30	Vitamins	Quiz on Ch 10
Wed 11/1	Vitamins	Quiz on Ch 9
Mon 11/6	Electrolytes & minerals	Quiz on Canvas reading #2
Wed 11/8	Electrolytes & minerals review	Nutrition Analysis Part 2 due
Mon 11/13	<b>EXAM 2</b>	
Wed 11/15	Cancer	Quiz on Canvas reading #3 and activity log #4 due
Mon 11/20	Cancer	
<b>Wed 11/22</b>	<b>THANKSGIVING BREAK: NO CLASS</b>	
Mon 11/27	Alcohol & Drugs	Quiz on Ch 8
Wed 11/29	<b>EXAM 3</b>	
Mon 12/4	Women only: body comp & step test	
Wed 12/6	Men only: body comp & step test	Activity log #5 due
Mon 12/11	<b>FINAL EXAM</b>	

## REQUIRED TEXTS AND RECOMMENDED STUDY RESOURCES

*Eat, Drink and Be Healthy: The Harvard Medical School Guide to Healthy Eating* by Walter Willett with Patrick J. Skerrett (2005) (ISBN 978-0743266420).

Available at: <https://www.amazon.com/Eat-Drink-Be-Healthy-Harvard/dp/0743266420>

It is the student's responsibility to complete all readings prior to class and come prepared to discuss topics covered in the assigned readings.

## ASSESSMENT AND GRADING

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### Grading Scale

Grades are expressed as the percent of points earned out of the total possible 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

### Exams and quizzes

	~70% of total grade
3 Exams (excluding final)	100 points each (300 points total)
8 Chapter Quizzes	10-50 points each (225 points total)
3 Canvas Quizzes	10-20 points each (45 points total)
Final Exam	150 points

### Assignments

	~15% Total
About Me	5 points
5 Activity Logs	10 points each (50 points total)
Nutrition Analysis Part 1	100 points
Nutrition Analysis Part 2	50 points

### Participation

	~15% Total
Attendance & Participation	150 points

**Final Exam** Your final exam will be comprehensive and consist of multiple choice, true/false, short answer, and essay questions.

## INCOMPLETES AND LATE ASSIGNMENTS

All assignments are to be turned in by the due date listed (either on Canvas or in person as indicated on the assignment directions). Incomplete assignments will be graded in their submitted form, and late assignments will receive zero points. Extensions to complete assignments or to submit late assignments will not be granted except under extenuating circumstances (ex: death in family, hospitalization). *It is your responsibility to be attentive to the course schedule and assignment due dates*

## FINAL EXAMINATION POLICY

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We will observe the PLNU academic calendar. *Please consult the Academic Calendar prior to making travel plans.* Successful completion of this class requires taking the final examination on its scheduled day. The final examination for this class will be held at your regular class time on Monday, December 11<sup>th</sup> 10:30 am-1:00 pm.

## **PLNU COPYRIGHT POLICY**

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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**

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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**

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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](mailto:DRC@pointloma.edu). See [Disability Resource Center](#) for additional information.

## **PLNU ATTENDANCE AND PARTICIPATION POLICY**

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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.