

**Course Number: PED1000.7 - Fitness Through Movement (2 units)**

Tues/Thurs 10:00-10:55

**Dept. Kinesiology/PLNU**

**Professor:** Ann Davis [andavis@pointloma.edu](mailto:andavis@pointloma.edu)

Office: 619-849-2781

Office Hours: MWF 2:00-4:00 T/TH 8-10:30

## **PLNU Mission**

### **To Teach ~ To Shape ~ To Send**

*PLNU provides a foundational course of study in the liberal arts informed by the life, death, and resurrection of Jesus Christ. In keeping with the Wesleyan tradition, the curriculum equips students with a broad range of knowledge and skills within and across disciplines to enrich major study, lifelong learning, and vocational service as Christ-like participants in the world's diverse societies and cultures.*

**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 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.
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 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 (246 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 Pre and post– (25 pts ea = 50 pts)
  - d. Activity Logs (50 pts – 10 pts ea.)
  - e. Video Lectures 7 @ 5 pts ea (35 pts)
  - f. Exercise Consent form (1 pts)
  - g. Karvonen Formula (5 pt)
  - h. Discussion Board (5 pts)
2. Attendance & Participation (135-150 pts.)
  - a. Attendance (135 pts. 5 pts a day) Roll is taken every day. After 3 absences your grade may go down. See “University Policy” website below.
  - b. Participation/Attitude & Effort- Be here, be happy & do your best!

**Grading Scale:** Approximately: 381 pts. Total

100%=A+, 93-96=A, 90-92=A-, 87-89=B+, 83-86=B, 80-82=B-, 77-79=C+, 73-76=C, 70-72=C-, etc.

**\*Nutrition Analysis Website:**

<https://www.myfitnesspal.com/>

**You will need to register and follow prompts to assess your food intake.**

## **COURSE LEARNING OUTCOMES**

### **General Education Learning Outcomes (GELO)**

*Context #1: Learning, Informed by our Faith in Christ*

**ILO\* #1: Students will acquire knowledge of human cultures and the physical and natural world while developing skills and habits that foster life-long learning.**

GELO 1a. Written: Students will be able to effectively express ideas and information to others through written communication.

GELO 1b. Oral: Students will be able to effectively express ideas and information to others through oral communication.

GELO 1c. Information Literacy: Students will be able to access and cite information as well as evaluate the logic, validity, and relevance of information from a variety of sources.

GELO 1d. Critical Thinking: Students will be able to examine, critique, and synthesize information in order to arrive at reasoned conclusions.

GELO 1e. Quantitative Reasoning: Students will be able to solve problems that are quantitative in nature.

*Context #2: Growing, In a Christ-Centered Faith Community*

**ILO #2: Students will develop a deeper and more informed understanding of self and others as they negotiate complex environments.**

GELO 2a. Students will develop an understanding of self that fosters personal well-being.

GELO 2b. Students will understand and appreciate diverse forms of artistic expression.

GELO 2c. Students will demonstrate an understanding of the complex issues faced by diverse groups in global and/or cross-cultural contexts.

*Context #3: Serving, In a Context of Christian Faith*

**ILO #3: Students will serve locally and/or globally in vocational and social settings.**

GELO 3. Students will demonstrate an understanding of Christian Scripture, Tradition, and Ethics, including engagement in acts of devotion and works of mercy.

*\*ILO - Institutional Learning Objective*

**Academic Calendar:**

<http://www.pointloma.edu/Assets/PLNU/Academics+Affairs+Digital+Assets/UndergradCalendar/2019-2020UndergraduateCalendar.pdf>

**Final Exam Schedule:**

<http://www.pointloma.edu/Assets/PLNU/Academics+Affairs+Digital+Assets?FinalEcamsSchedule2019-2020.pdf>

## **PLNU ACADEMIC ACCOMMODATIONS POLICY**

While all students are expected to meet the minimum standards for completion of this course as established by the instructor, students with disabilities may require academic adjustments, modifications or auxiliary aids/services. At Point Loma Nazarene University (PLNU), these students are requested to register with the Disability Resource Center (DRC), located in the Bond Academic Center. ([DRC@pointloma.edu](mailto:DRC@pointloma.edu) or 619-849-2486). The DRC's policies and procedures for assisting such students in the development of an appropriate academic adjustment plan (AP) allows PLNU to comply with Section 504 of the Rehabilitation Act and the Americans with Disabilities Act. Section 504 (a) prohibits discrimination against students with special needs and guarantees all qualified students equal access to and benefits of PLNU programs and activities. After the student files the required documentation, the DRC, in

conjunction with the student, will develop an AP to meet that student's specific learning needs. The DRC will thereafter email the student's AP to all faculty who teach courses in which the student is enrolled each semester. The AP must be implemented in all such courses.

If students do not wish to avail themselves of some or all of the elements of their AP in a particular course, it is the responsibility of those students to notify their professor in that course. PLNU highly recommends that DRC students speak with their professors during the first two weeks of each semester about the applicability of their AP in that particular course and/or if they do not desire to take advantage of some or all of the elements of their AP in that course.

### **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.