	<b>Kinesiology Department</b>
	<b>KIN 2000 Section 4 (Optimal Health)</b> <b>2 Units</b>
Fall 2021	

<b>Meeting days:</b> Mondays & Wednesdays	<b>Instructor title and name:</b> Dr. Heidi Lynch, PhD, RDN
<b>Meeting times:</b> 8:30-9:25	<b>Phone:</b> 619-849-3306
<b>Meeting location:</b> KIN 1 (across from the gym)	<b>Email:</b> <a href="mailto:hlynch@pointloma.edu">hlynch@pointloma.edu</a>
<b>Final Exam:</b> Friday, December 17 7:30-10:00 am	<b>Office location and hours:</b> Mondays 10:30-11:30 am Kinesiology office area (between KIN1 & KIN2 classrooms)

### 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.

#### Foundational Explorations Mission

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 culture.

#### COURSE DESCRIPTION

Students are encouraged to take charge of their own lives in terms of attitude, exercise, and nutrition- fostering new habits in these areas and developing an understanding of health as more than the absence of disease.

#### COURSE LEARNING OUTCOMES

Students will:

1. Develop a personal concept of optimal health and fitness, and understand national standards of optimal health and fitness
2. Be able to explain the role of nutrition in health promotion and weight management

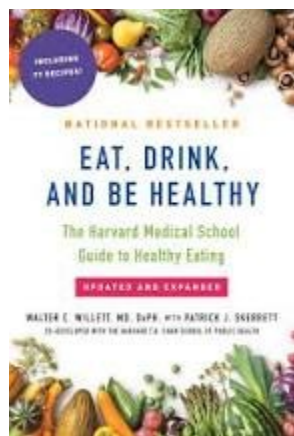
3. Be able to develop a basic fitness program and explain the benefits of different types of exercise
4. Describe the associations between diet, lifestyle, and chronic disease prevention

### FOUNDATIONAL EXPLORATIONS LEARNING OUTCOMES

This course meets the Institutional Learning Objective #2: “Students will develop a deeper and more informed understanding of self and others as they negotiate complex environments”.

It also meets the Foundational Explorations Learning Objective 2a: “Students will develop an understanding of self that fosters personal well-being.”

### 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 (2017) (ISBN 9781501164774).

**Please be sure to use the 2017 edition (not the older one)- it actually does make a difference for this particular book!**

Available at: <https://www.amazon.com/exec/obidos/ASIN/1501164775?tag=simonsayscom>

Other articles and short YouTube videos assigned for class will be available through Canvas.

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

### Class Structure

This is a lecture and activity class. Scheduled class meetings are primarily for lectures and group activities. Students are expected to engage in *at least 150 minutes per week of aerobic exercise* and *at least two days per week of strength training that targets all major muscle groups* (total body workout). Physical testing is intended to confirm participation in an exercise program. (Your grade does not depend on if you are in shape though!)

### Canvas

Students must 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.

## ASSESSMENT AND GRADING

Grades will be based on the following:

### Standard Grade Scale Based on Percentages

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

Assignment	Points for each assignment	Total points
Fitness Assessments (pre & post)	2@10	20
Fitness Assessments Surveys (pre & post)	2@25	50
Exams	2@100	200
Quizzes	13@10	130
Final exam (cumulative)	1@150	150
Activity logs	15@10	150
Nutrition analysis	1@100	100
Total		800

Week	Class date	Class content	Assignment due date (Canvas quizzes are due BEFORE class begins)
Week 1	TUES 8/31	Intro	Activity Log 1
	Wed 9/1	<b>Women's fitness testing: main campus</b>	Chapter 1 quiz
Week 2	Mon 9/6	LABOR DAY: NO CLASS	
	Thurs 9/8	<b>Men's fitness testing: main campus</b>	Chapters 2-3 quiz Activity Log 2
Week 3	Mon 9/13	Body image, weight management	Chapter 4 quiz
	Wed 9/15	Body image, weight management	Activity Log 3
Week 4	Mon 9/20	Sustainability, ethics, & health	Chapter 12 quiz
	Wed 9/22	Sustainability, ethics, & health	Read "Loving the Least of These" Activity Log 4
Week 5	Mon 9/27	Metabolism & energy systems	Reading: cardiovascular system
	Wed 9/29	Metabolism & energy systems	Activity Log 5

Week 6	Mon 10/4	Muscle contractions & weight lifting	Quiz on Canvas reading #1
	Wed 10/6	Muscle contractions & weight lifting	Activity log 6
Week 7	Mon 10/11	Review for exam 1	
	Wed 10/13	<b>EXAM 1</b>	Activity log 7
Week 8	Mon 10/18	Go over exam 1, nutrition analysis assignment	
	Wed 10/20	Healthful dietary patterns	Activity log 8
Week 9	Mon 10/25	Dietary fat	Chapter 5 quiz
	Wed 10/27	Carbohydrates	Chapter 6 quiz Chapter 8 quiz Activity log 9
Week 10	Mon 11/1	Protein	Chapter 7 quiz
	Wed 11/3	Vitamins & minerals	Chapter 10 quiz Chapter 11 quiz Activity log 10
Week 11	Mon 11/8	Review for Exam 2	
	Wed 11/10	<b>EXAM 2</b>	Activity log 11
Week 12	Mon 11/15	Alcohol	Chapter 9 quiz
	Wed 11/17	Sleep	Activity log 12
Week 13	Mon 11/22	<b>NO CLASS: HAPPY THANKSGIVING!</b>	
	Wed 11/24		Activity log 13
Week 14	Mon 11/29	Stress	
	Wed 12/1	Putting together a plan	Activity log 14
Week 15	Mon 12/6	<b>Women's fitness testing (main campus)</b>	
	Wed 12/8	<b>Men's fitness testing (main campus)</b>	Activity log 15
<b>Finals Week</b>	Friday, December 17 7:30-10:00 am		

## STATE AUTHORIZATION

State authorization is a formal determination by a state that Point Loma Nazarene University is approved to conduct activities regulated by that state. In certain states outside California, Point Loma Nazarene University is not authorized to enroll online (distance education) students. If a student moves to another state after admission to the program and/or enrollment in an online course, continuation within the program and/or course will depend on whether Point Loma Nazarene University is authorized to offer distance education courses in that state. It is the student's responsibility to notify the institution of any change in his or her physical location. Refer to the map on [State Authorization](#) to view which states allow online (distance education) outside of California.

## INCOMPLETES AND LATE ASSIGNMENTS

All assignments are to be submitted by the due date listed. Incomplete assignments will be graded in their submitted form. **Late assignments will receive a 50% deduction** (ex: if an

assignment is worth 100 points, the maximum it would be possible to earn with a perfect score would be 50 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.*

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## **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**

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 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.

## **SPIRITUAL CARE**

Please be aware PLNU strives to be a place where you grow as whole persons. To this end, we provide resources for our students to encounter God and grow in their Christian faith.

If students have questions, a desire to meet with the chaplain or have prayer requests you can contact the [Office of Spiritual Development](#)

## **USE OF TECHNOLOGY**

In order to be successful in the online environment, you'll need to meet the minimum technology and system requirements; please refer to the [Technology and System Requirements](#) information. Additionally, students are required to have headphone speakers compatible with their computer available to use. If a student is in need of technological resources please contact [student-tech-request@pointloma.edu](mailto:student-tech-request@pointloma.edu).

Problems with technology do not relieve you of the responsibility of participating, turning in your assignments, or completing your class work.