**CEDARVILLE UNIVERSITY SYLLABUS**

PEF-1990 PHYSICAL ACTIVITY AND THE CHRISTIAN LIFE

Spring 2016

**FACULTY:**

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| Dr. Evan Hellwig, KAH Chair | Jeffrey Reep |
| Kathleen Freese, PACL Coordinator | Dr. Elizabeth Sled |
| Dr. April Crommett | Dr. Sandy Shortt |
| John McGillivray | Michael Weller |
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**COURSE DESCRIPTION**

This course involves a variety of learning experiences with and about the role of physical activity in the Christian’s life from scriptural, physiological and psychological perspectives. Emphasis is placed upon understanding, developing, and continuing life practices that are physically active and healthful and are thereby a manifestation of good stewardship.

**COURSE MANAGEMENT**

We will be using the Moodle Learning Management System to manage aspects of this course. For helpful information, visit **“cedar.to/moodlestu”** for helpful instructions on Moodle. Follow the **“Moodle Courses”** link on your Cedarville student home page to go to your PACL course.

**REQUIRED TEXT**

Johnson, Pamela D. and L. Delyte Morris, *Physical Fitness and the Christian: Exercising Stewardship,* 5th Edition. Dubuque, IA: Kendall/Hunt Publishing Company, 2012.

*(Note: Royalties from the text come to an account at the University and are used for materials and equipment to facilitate and enhance PACL course learning experiences.)*

**OBJECTIVES**

This course is designed so that the student will be able to:

1. Identify scriptures that are foundational for God-honoring stewardship of the body.

2. Describe the cardiovascular system and the role it plays in disease prevention.

3. Know principles of fitness training and how they contribute to a well-balanced fitness program.

4. Know the major muscle groups of the body and a specific exercise for each.

5. Maintain a weekly fitness program that includes cardiovascular, muscular strength, and flexibility components.

6. Develop a healthy nutrition plan based on USDA dietary guidelines for Americans.

7. Employ appropriate strategies for physical and emotional stress responses to minimize their effect on well-being.

8. Identify lifestyle choices appropriate for a healthy approach to weight management.

9. Critically analyze health-related services and products.

**COURSE TOPICS (See Course Calendar for weekly details)**

Chapter 1 Introduction to Physical Fitness and the Christian

Chapter 2 A Scriptural Perspective of the Body

Chapter 3 Principles of Conditioning for Good Stewardship

Chapter 4 The Cardiorespiratory System: Structure and Function

Chapter 5 Conditioning the Cardiorespiratory System

Chapter 6 The Musculoskeletal System: Structure and Function

Chapter 7 Conditioning for Muscle Strength and Muscular Endurance

Chapter 8 Flexibility: Stewardship of our Joints and Connective Tissue

Chapter 9 Stress and the Steward

Chapter 10 Stewardship through Sound Nutrition

Chapter 11 Stewardship through Wise Weight Management

Chapter 12 Health and the Consumer: Stewardship of Well-being and Resources

Chapter 13 So….Now What?

**REQUIREMENTS AND EVALUATION**

Your final grade for this course will be based on seven different components which will be weighted by the Moodle program according to the percentage of weight indicated for each.

1. **10%** **Attendance & Participation**  This grade will be based on attendance and participation in small and whole group discussions and class activities.

2. **10%** **Reading & Online Quizzes** (10 points each)

The grade will be based on the results of quizzes taken online through the Moodle course management system for the chapter(s) identified on the schedule and within the assigned prescribed time. Two attempts on the quiz will be permitted. Missed quizzes can NOT be made up.

3. **25%** **Writing Activities**

**a. Laboratory Activities**

Laboratory activities are the primary means of helping students apply the course content to everyday life and therefore are expected to be done as designed. There will typically be one lab activity to complete, write up and submit each week. Lab activities will be awarded full credit if done completely and correctly and submitted by **11pm Saturday** of the week indicated on the course schedule. Late submissions will be penalized by two (2) points for every day late. Students are expected to complete ALL the labs CORRECTLY in order to receive full credit. For EACH Lab that is NOT SUBMITTED, your final **course** grade will be penalized ONE LETTER GRADE.

**b. Reflection Questions**

The grade will be based on responses to reflection topics and questions provided by your professor. Your responses should demonstrate careful thought, and will be graded for appropriate content in addition to spelling and grammar. Appropriate content is (partly) defined as being of adequate length (minimum 500 words) and whether or not your responses actually addressed all aspects of the topic/questions posed. These are to be your original words and late submissions will be penalized.

5. **12.5%** **Midterm Exam**

The grade will be based on the midterm examination covering Chapters 1-8.

6. **12.5%** **Second Half Exam**

The grade will be based on the second half examination (Chapters 9-13).

7. **30%** **Exercise Requirements**

The grade for this section will be based on regular involvement in (a) aerobic activities such as walking, jogging and cycling (including cardiovascular fitness equipment), (b) regular use of muscle conditioning equipment, and (c) specific involvement in social and novel recreational activities.

All students are required to complete at least 12 weeks of aerobic activity and at least 10 weeks of strength training in order to receive CREDIT FOR THE COURSE.

1. The **aerobic activities** are to be recorded each week in Moodle. All activity recorded is to be above and beyond your normal daily responsibilities (*e.g.*, walking to and from class). Walking, jogging, running, cycling, in-line skating, or use of the cardio equipment in the fitness centerfor **3 days per week, 30 consecutive minutes, for 12 weeks** is required to receive FULL credit.

1. The **strength training** portion of this requirement should also be recorded in Moodle. In order to receive FULL credit, you are to complete **10 different resistance exercises**, doing **one set** to fatigue (**8-12 repetitions**) of each exercise at **least 2 days per week for 10 weeks, with at least one of the days being a different day from the aerobic activity days. Additionally, there must be at least 48 hours between muscle resistance conditioning sessions**.

**IMPORTANT**: Your instructor MAY require you to record your strength training on a special form provided in class, but this information should also be recorded on the computer program where you report your aerobic activities. The link to record in the system is provided each week in Moodle. **Record each week as you complete it.** The system only allows you to record two (2) weeks at a time. It will not allow you to accumulate several weeks and then go back and record it.

1. **Social/New Activities:** This requirement is completed by doing 1 and 2 as listed below and reporting them in your course Moodle portal. The Campus Recreation web site is very helpful for learning about activities to use in completing these requirements and can be found at the following web address: <http://www.cedarville.edu/Offices/Campus-Recreation/Information/Activity-List.aspx> )
   1. Your involvement in at least 5 different ‘social exercise’ sessions. Research indicates that we are more likely to exercise if we do it with someone else…so you are expected to participate in 5 different exercise/activity sessions with at least one other person. Examples would be to join an intramural team, participate in a group exercise class, play sand volleyball with your dorm mates, play racquetball with a friend or even deliberately schedule to workout/run/walk with a friend. Details regarding your involvement are to be recorded in the spaces provided on the report sheet.
   2. Your involvement in at least one campus recreation experience with an activity that is totally new to you. Details regarding your experience are to be recorded in Moodle.

**IMPORTANT:**

IF you have an ACUTE condition (temporary such as an injury, recovering from surgery, etc.) you should consider taking this course in a later semester. If you have a CHRONIC condition that makes physical activity challenging, please consult carefully with your instructor to determine what appropriate accommodations can be made to complete this requirement with integrity.

**GRADING SCALE:**

Following is the scale of points that will be used to determine a letter grade for the course assuming the minimum standards have been met in each section as noted above.

92.0 - 100% A 78.0 – 79.9 C+ 60.0 – 61.9 D-

90.0 - 91.9% A- 72.0 – 77.9 C =/< 59.9 F; also awarded for

88.0 - 89.9% B+ 70.0 – 71.9 C- failure to meet minimum

82.0 – 87.9 B 68.0 – 69.9 D+ standards in designated

80.0 – 81.9 B- 62.0 – 67.9 D requirement areas.

**ACADEMIC INTEGRITY:** All students enrolled in this course are expected to demonstrate integrity in all areas of the course as indicated in the following statement and pledge:

**Cedarville University Academic Integrity Statement:**

*“The Academic Integrity Pledge is a commitment to live with integrity in all areas of life including the classroom. All forms of academic dishonesty violate this pledge and could result in dismissal from this community.”*

**Cedarville University Academic Integrity Pledge:**

*“With my pledge to affirm the Cedarville Covenant I attest that all work I submit is my own and is in accordance with the standards of the Academic Integrity Policy. As a member of the community* ***I will love God and others, live with integrity, and pursue excellence in all that I do****.”*

**STUDENTS WITH DISABILITIES:** The Cove provides a variety of academic resources and support to facilitate learning for all students. Disability Services is one of the functions of The Cove. Students who need accommodations based on the impactof their disability shouldcontact Marcy Van Meter in BTS 223 at 937-766-7457 or by e-mail: “[disabilityservices@cedarville.edu](mailto:disabilityservices@cedarville.edu)”

<http://www.cedarville.edu/Offices/Academic-Enrichment/Disabilities/Faculty.aspx>

**NOTE: For any accommodations needed for the physical activity aspects of this course, your professor will work with you to determine an appropriate adaptation/accommodation.**

**DATE OF SYLLABUS REVISION: August 11, 2015**