

CEDARVILLE UNIVERSITY SYLLABUS

PEF-1990 PHYSICAL ACTIVITY AND THE CHRISTIAN LIFE 2009-2010

Fall and Spring Semesters

FACULTY:

Mr. Ben Belleman, Mr. Jason Beschta, Mr. Jeff Bolender, Mr. Pat Estepp, Mr. Kirk Martin, Mr. John McGillivray, Mr. Paul Orchard, Mr. Jeff Reep, Mrs. Elizabeth Shearer, Mr. Doug Walters

COURSE DESCRIPTION

A study of the role of physical activity in the Christian life from scriptural, physiological and psychological perspectives. Emphasis is placed upon understanding, developing, and continuing Christian life practices that are active and healthful.

REQUIRED TEXT

Johnson, Pamela D. and L. Delyte Morris, *Physical Fitness and the Christian: Exercising Stewardship*, 4th Edition. Dubuque, IA: Kendall/Hunt Publishing Company, 2005. (Note: Royalties from the text come to the University, and are used for materials and equipment to facilitate and enhance the class activities.)

OBJECTIVES

As a result of this course:

Knowledge

1. The student will be able to identify scriptural principles that provide the foundation for the Christian's stewardship of the body.
2. The student will be able to answer questions on the content of the following verses: I Cor. 4:2; I Cor. 6:19,20; Col. 1:16, 17; Gen. 1:25, 26a, 27; Eph. 2:10; Rom. 11:36, Rom. 12:1, I Tim. 4:8.
3. The student will be able to explain the concept of stewardship as it applies to care of the body.
4. The student will be able to identify the structure and functions of the cardiorespiratory, vascular and muscular strength and endurance.
5. The student will be able to explain basic principles for increasing muscular strength and endurance.
6. The student will be able to apply the principle of stewardship as it relates to the development of eating patterns, and maintenance of appropriate body composition.
7. The student will be able to identify and explain the roles of the six kinds of nutrients in the body's metabolism.
8. The student will be able to describe the stress response, and identify the negative effects of a prolonged or very frequent stress response.
9. The student will be able to explain the importance of flexibility to well-being.

Skills

1. The student will improve his/her cardiorespiratory endurance through regular and frequent aerobic exercise.
2. The student will develop a plan that incorporates exercise as an integral part of his/her life pattern.
3. The student will be able to accurately count his/her pulse.
4. The student will record and evaluate portion sizes and determine serving amounts.
5. The student will develop strategies for minimizing self-caused stressors, and for moderating the bodily response to those stressors which are unavoidable.

Attitudes and Values

1. The student will demonstrate the attitude that good stewardship of the body is a responsibility of the Christian.
2. The student will develop an increased appreciation for the wonder that is the human body.
3. The student will develop the attitude that a godly body care program is a life-long need.
4. Students will realize the role of physical well-being in effectively carrying out their ministries.
5. Students' patterns of daily living will reflect their commitment to God-honoring stewardship of their bodies.

COURSE TOPICS

Chapter 1....Introduction to Physical Fitness and the Christian
Chapter 4....The Cardiorespiratory System: Structure and Function
Chapter 3....Principles of Conditioning for Good Stewardship
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 of Body Composition
Chapter 2....A Scriptural Perspective of the Body
Chapter 12...So, Now What?

REQUIREMENTS AND EVALUATION

The grade for this course will be based on five different components:

1. 17% of the grade will be based on attendance and reading of assignments in the text. Ten points may be earned for reading the assignment and attending the class; seven points are earned if the student attends class, but has not completely read the assignment. Some faculty may use unannounced quizzes to determine if the assignment was read.
2. 20% of the grade will be based on laboratory assignments. These required laboratory assignments are: Labs 4-1, 5-1, 5-2, 5-3, 7-1, 7-2, 9-1, and a chapter 10 nutrition lab.

Laboratory exercises will be awarded full credit if done correctly and submitted on time or a lower percentage credit if done correctly and submitted one class period late. No credit will be earned if submitted later than that, but all required laboratory exercises must be completed appropriately or a grade of "F" will be earned for the course. NOTE: Due to copyright laws, photocopies or computer generated copies of laboratory exercises will NOT be accepted.

3. 22.5% of the grade will be based on the midterm examination. It should be noted that copies of midterm and second half exams previously given in P.A.C.L. have not been given to students to keep. Thus, anyone having or using an original or photocopy of an old P.A.C.L. exam or answer sheet is subject to discipline for academic dishonesty. Any student knowing of another student having and/or using an old exam has a Biblical responsibility to confront that student with their need to repent, confess, ask forgiveness, and take appropriate action.

4. 22.5% of the grade will be based on the exam covering the second half of the term.
NOTE: At least 60% must be earned on the two exams combined or a grade of “F” will be earned for the course.
5. 18% of the grade will be based on regular involvement in aerobic activities such as walking, jogging and cycling (including cardiovascular fitness equipment), and regular use of muscle conditioning equipment.

The aerobic activities are to be recorded on the form available on the PACL course homepage. On the PACL course homepage, click Exercise Requirement>Add Activity>Activity Name. Using the drop down menu under Aerobic Conditioning, click on the appropriate exercise. You will need to manually enter the time. Entry of the distance is optional. All activity recorded is to be above and beyond your normal daily responsibilities (*e.g.*, walking to and from class). A **minimum** of 30 consecutive minutes of walking, jogging, running, cycling, in-line skating, or use of the cardio equipment in the fitness center, **2 days per week for 6 weeks, is required or a grade of “F” will be earned for the course.** The form is to be printed by the student and submitted on the date indicated on the PACL assignment schedule.

The muscle resistance conditioning portion of this requirement should be recorded on the form provided by your instructor, following the instructions included with the form. You are to complete **10 resistance exercises, doing one set to fatigue (8-12 repetitions)** of each exercise at least **2 days per week for 6 weeks.** Two days per week for 6 weeks is required or a grade of “F” will be earned for the course. This should **also** be recorded on the computer program that is accessible on the PACL homepage. Using the drop down menu under Muscle Conditioning, click on the appropriate strength training program. You will need to manually enter the time.

Following is the scale that will be used to convert the total percentages to a letter grade when the minimum standards have been met in each section as noted.

92-100	A	72-77.9	C
90-91.9	A-	70-71.9	C-
88-89.9	B+	68-69.9	D+
82-87.9	B	62-67.9	D
80-81.9	B-	60-61.9	D-
78-79.9	C+		

Students with Disabilities: If you believe you may need support in managing the impact of a disability, please contact [Marilyn Meyer](#), coordinator of [disability services for students](#). Faculty rely on Disability Services to verify the need for academic accommodations and to identify reasonable and appropriate accommodation strategies. Examples of disabilities are AD/HD, specific learning disabilities, hearing, vision, health impairment, psychological, orthopedic, and traumatic brain injury. Disability Services is part of the [Academic Enrichment Center-The Cove](#) located in the Center for Biblical and Theological Studies, Center for Biblical and Theological Studies, Office 217, Phone: 937-766-3843

DATE OF SYLLABUS REVISION August, 2009