

PEF 1990 – Physical Activity and the Christian Life

About the Course

Course Description

Study of the role of physical activity in the Christian life from a scriptural, physiological, and psycho-sociological perspective. Emphasis is placed upon developing and continuing active, healthy, Christian life practices.

The Course in a Nutshell

The human body is designed to move and our society (and even the church) is struggling with the effects of inactivity. This practical course will encourage and equip students to be physically active by participating in a variety of aerobic and strengthening activities. Students will learn why it is important for Christians to be physically active and help students develop their own plan for biblical stewardship as it relates to caring for their bodies.

Prerequisite Courses or Knowledge

None.

Expectations of Student Involvement

Students will have a reading and writing assignment and/or lab(s) due each week. The reading assignment is from the textbook and includes completing a short quiz over the content. The weekly writing assignment and labs are designed to give the student an opportunity to apply the concepts and principles discussed in the textbook in practical ways associated with physical activity and stewardship. Most students should be able to complete these weekly reading/writing assignments in an hour or two. Students will also be expected to participate in a variety of aerobic and strengthening activities up to 5 times a week for a full 12 weeks. To accomplish this, students need to have access to a safe, appropriate place to exercise, regardless of the weather; someplace like a fitness center, a community recreation center, a high school/college weight room, etc. Further detail can be found in the activities section of the syllabus. No synchronous meetings are anticipated, making the course quite flexible to fit the individual's schedule.

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.

Materials

Required Texts

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

You can find this title at the [Cedarville University Bookstore online](#).

Because students are expected to be physically active for 12 weeks, students should have access to a fitness facility (school weight room, YMCA, chain fitness center such as Planet Fitness, LA Fitness, etc.) or have access to strength training equipment at home (variety of free weights, a home gym such as Solo-Flex or Total Gym and/or resistance bands).

For Labs 2a and 9a, students will need to complete a timed 1.5-mile jog/run at the beginning of the course and again at the end. This can be accomplished using an indoor or an outdoor track or on a paved bike trail that has accurate mile markers posted or by using the odometer of a vehicle to determine a 1.5 mile route on level ground. The exact same course should be used both times.

Objectives

Objective	Met by...
1. Learn portions of scripture and identify scriptural principles that provide the foundation for all aspects of God-honoring stewardship of the body.	<ul style="list-style-type: none">Assigned ReadingQuizzesStewardship Writing Assignments
2. Engage in and create patterns of healthy lifestyle choices and activities that demonstrate biblical stewardship of the body.	<ul style="list-style-type: none">LabsExercise RequirementsStewardship Writing Assignments
3. Identify the structure and function of the cardiorespiratory, cardiovascular, and muscular strength and endurance systems, applying the concepts of each in improving overall physical fitness and contributing to well-being.	<ul style="list-style-type: none">Assigned ReadingQuizzes
4. Develop, execute, and maintain a planned program of physical exercise to improve cardio-respiratory endurance, muscular strength and endurance, and joint mobility	<ul style="list-style-type: none">Stewardship Writing AssignmentsExercise Requirements
5. Apply and analyze sound principles of nutrition to appropriate nutritional choices and eating patterns.	<ul style="list-style-type: none">Labs
6. Create and constructively evaluate appropriate goals for developing an individualized fitness and nutrition program plan.	<ul style="list-style-type: none">Stewardship Writing AssignmentsDiscussion Forum

7. Identify signs and symptoms of stress and apply appropriate strategies for minimizing their effect on well-being.	<ul style="list-style-type: none"> Assigned Readings Quizzes Labs Discussion Forum
8. Critically analyze information and apply principles of a wise consumer regarding health-related services and products.	<ul style="list-style-type: none"> Labs Discussion Forum

Activities

Q&A Forums

In order to encourage interaction between you and your peers and with the professor, a weekly option in this course is to participate in the Q&A Forum. Each week the Q&A Forum is available for you to post things such as the following:

- A question about the week's content. **In this case, your post's subject should start with "QUESTION: [your question goes here]"**
- An answer to a peer's question. In this case, **your post should be entered as a reply to another student's post** from the category above. Please note that the professor or TA might post clarifications or corrections to students' posts. Posts from the professor should be understood as the final say.
- A tip you have picked up in your physical activity experiences. **In this case, your post's subject should start with "TIP: [your subject here]"**

Because this course provides an opportunity to ask personal questions relating to the subject matter, if you find that you have a question that you'd rather not ask publicly on the forum, please send me an email with subject as follows: **"PACL – PERSONAL."** **Important:** It may happen where you ask a question that others might benefit from. Therefore, the instructor may post your question to the forum ANONYMOUSLY, unless you explicitly request otherwise in your email. *Be assured that your instructor will edit your question to protect your identity before posting it.*

How You'll Be Graded

The Q&A Forum is available but not required, so it is not graded.

Stewardship Writing Assignments

This is a four-part writing assignment designed to help students develop, defend, and articulate a plan for personal, godly, body stewardship.

How You'll Be Graded

The grade will be based on submission of written responses to questions/prompts provided by the instructor. Responses must demonstrate careful thought, and will be graded for content in addition to spelling and all aspects of grammar. This is to be your original writing and of adequate length (minimum: 1,000 words each) to address the topic substantively and thoughtfully. Submissions are due by 11pm (EST) on Sunday of the week indicated on the course schedule. Late submissions will be penalized 10% per day (24hrs) late. Each of the four writing assignments is worth a potential 100 points.

Assigned Reading and Quizzes

Weekly quizzes will be assigned to evaluate students' understanding of the material presented in the textbook.

How You'll Be Graded

The grade will be based on the results of quizzes taken online through Moodle for the chapter(s) identified on the schedule and within the assigned prescribed time. Students can expect the quizzes to be a combination of multiple choice and True/False questions.

Exercise Requirements

(All students are expected to participate in a variety of physical activities on a regular, sustained basis (4-5 times a week for 12 weeks). Both aerobic and strengthening activities are required. For the first two weeks of the course, you are likely to only do aerobic activity, so this should be done 4 times a week until you begin strength training.

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 the instructor to determine what appropriate accommodations can be made to complete this requirement with integrity.

Fitness:

Aerobic Activities: All students must complete 30 minutes of aerobic activity at least 3 separate days each week for 12 weeks. Some acceptable activities include:

- walking
- jogging
- running
- cycling
- swimming
- cardiovascular fitness equipment such as:
- treadmill
- cycle
- stepper
- elliptical
- rowing machine, etc.

Strengthening: All students must participate in a muscle strengthening program using appropriate means of resistance:

- weight machines
- free weights
- elastic/rubber bands
- hydraulics
- gravity, etc.

Students are to complete 10 different exercises which target a balanced combination of the upper extremities, lower extremities, and core, doing at least one set to fatigue (8-12 repetitions) of each of

the 10 exercises. Strength workouts MUST be done at least 2 days per week, for 10 weeks. Additionally, there must be at least 48 hours between strengthening exercise sessions.

Social/New Activities:

Group/Social Activity: Research indicates that we are more likely to exercise if we do it with someone else...so you are expected to participate in 6 different exercise/activity sessions with at least one other person. Examples would be to join a team, participate in a group exercise class, go hiking with family or friends, 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. Participation in these recreational activities MAY count as your 'fitness' activities as long as all criteria are met.

Novel: All students should try some activity that is totally new to you. This needs to be something different than just using a new piece of fitness equipment. Be smart, be safe, but try something new. Maybe something like...

- Frisbee Golf
- Ultimate Frisbee
- Climbing Wall
- Zumba
- Line Dancing
- Racquetball, etc. etc. (the possibilities are endless!)

How You'll Be Graded

Students will log their fitness activities using the online reporting system found in Moodle. Students are expected to self-report accurately with honesty and integrity.

Labs

Weekly quizzes will be assigned to evaluate students' understanding of the material presented in the textbook.

How You'll Be Graded

The grade will be based on submission of required lab activities available online. Lab activities will be awarded full credit if done completely and correctly and submitted by 11pm (EST) on Sunday of the week indicated on the course schedule. Seventy percent credit will be awarded if submitted late, up until 5pm (EST) on the Tuesday following the Sunday it is due (2 days later!). Laboratory activities submitted more than two days late cannot earn more than fifty percent credit. Each laboratory activity is required to be completed appropriately and submitted even though it may be submitted late and not eligible for full points.

Policies

Grading

Grading System

Activity	% of Grade
Quizzes	20%
Labs	25%
Stewardship Writing Assignments	25%
Exercise Requirements	30%
Total:	100%

Grading Scale

A	(92.0-100)
A-	(90.0-91.9)
B+	(88.0-89.9)
B	(82.0-8.9)
B-	(80.0-81.9)
C+	(78.0-79.9)
C	(72.0-77.9)
C-	(70.0-71.9)
D+	(68.0-69.9)
D	(62.0-67.9)

D-	(60.0-61.9)
F	(below 60.0)

Late Work

Late work WILL be penalized, but ALL assignments should be turned in regardless of how 'late' they might be. Failure to turn in assignments may result in student receiving NO CREDIT for the course.

Academic Integrity

See the [official university policy on academic integrity](#).

Etiquette Expectations

View the Cedarville University [General Online Etiquette Expectations Policy](#).