FDNT556  
*Advanced Human Nutrition II*
Functions and nutritional metabolism and interactions of fat-soluble and water-soluble vitamins, minerals, and trace minerals. Public health applications. Prerequisite: A course in biochemistry.  
*Spring*

FDNT565  
*Current Issues in Nutrition*
Current issues in food safety, nutrition, and public health. Nutritional factors associated with the major chronic diseases of Western society. Prerequisite: FDNT 230.  
*Spring*

FDNT570  
*Maternal and Child Health*
Preventive health care and conditions necessary for mother and child well-being in developing countries. Community-based interventions for child survival. Management of maternal and child health programs.  
*Spring*

FDNT585  
*Topics in_________*
Selected topics in the areas of nutrition. Repeatable to 6 credits.  
*Spring*

FDNT586  
*Professional Experience*
Opportunities for unique supervised practical experiences in various organizations to introduce the student to the role of a professional. A maximum of 4 credits per semester can be taken. Repeatable to 8 credits.  
*Spring*

FDNT594  
*Dietetic Internship*
The internship is equivalent to a full-time load. It involves 35-40 hours per week of supervised practice. Open only to students seeking registration eligibility with the Commission on Dietetic Registration of the American Dietetic Association.  
*Fall, Spring*

FDNT600  
*Research Design*
Criteria for the organization, analysis, and reporting of research in Nutrition. Preparation of a proposal for a master’s thesis or project. Prerequisite: FDNT498 or equivalent.  
*Spring*

FDNT648  
*Workshop*

FDNT680  
*Research Seminar*
Individual reports and discussion of recent research data. Repeatable to 4 credits. Consent of instructor required.  
*Spring*

FDNT690  
*Independent Study*
Individual study and/or research. Consent of instructor required. Repeatable to 6 credits.  
*Spring*

FDNT698  
*Research Project*

FDNT699  
*Master’s Thesis*
Repeatable to 6 credits.  
*Spring*

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**PHYSICAL EDUCATION, HEALTH, AND RECREATION**

Johnson Gymnasium  
(269) 471-3253  
physical-ed@andrews.edu

**Faculty**
Lydia I. Chong, Chair  
Paul K. Chong  
Gregory Morrow  
John R. Pangman

The mission of the Physical Education Department is to facilitate the development of healthy lifestyle choices so that our students will recognize and understand the importance of developing strong physical, mental, and spiritual qualities that will enhance their personal relationships with God and that will be reflected in personal and professional success.

In short…we help people make healthy choices.

**GOALS:**
1. To aid individuals in developing Christlike attitudes and conduct in sports and recreational activities.
2. To provide a variety of physical activities designed to meet the needs and desires of a diverse student population.
3. To promote opportunities for cooperative teamwork and competitive interaction through the intramurals sports program.
4. To promote the development of physical fitness.
5. To encourage positive health choices.
6. To develop interest and skills in lifetime leisure activities.
7. To develop better spectators through instruction in sports activities and ethics.

**ACTIVITY COURSES**
Each class includes a fitness component as well as skills instruction.

Each student is required to classify himself/herself and select a class of the proper competency level. Should a mistake be made in classification, the student must move into a class more in keeping with his/her ability, even though it may necessitate a schedule change.

**Courses**
See inside front cover for symbol code.

**ACTIVITY**

PEAC106  
*Beginning Basketball*
Instruction in the fundamental skills of shooting, passing, ball-handling, man-to-man defensive play, basic rules, offensive strategy, basic rules, and team play.
Beginning Volleyball
Instruction in the basic skills of serving, setting, passing, and spiking, and the basic instruction on rules, and 2, 3, 4, and 6 person team play.

Beginning Softball
Instruction in the fundamental skills of throwing, catching, base-running, batting, and fielding of ground and fly balls. Position play, game situation drills, scrimmages, and rules are covered. Student must supply own glove. Spring

Weight Control and Conditioning
Study of the factors involved in increasing, decreasing, or retaining body weight. Also the practice of exercises designed to control body weight.

Beginning Badminton
Analysis and practice of basic strokes, singles and doubles play, strategy, and rule interpretations.

Beginning Tennis
Instruction in the fundamental skills of ground strokes, serving, and team play. Basic strategy and rules. Spring

Scuba
An entry level course in scuba diving. Includes instruction in the buddy system, dive planning, donning and removing equipment in the water, alternate air sources, buddy breathing, entries, communication, and navigation. Swimming pretest required. YMCA certification. Additional fees apply. Spring

Canoeing
Emphasis on precise canoe handling through paddle control. Based on traditional strokes. Practice conducted on local lakes and rivers. One all-day canoe trip or two half-day canoe trips are required. Fall

Beginning Golf
Study of the basic techniques of the golf swing. An introduction to the game, rules, and etiquette of golf. Students must supply their own equipment. Additional lab fees required. Spring

Beginning Racquetball
Introduction to basic strokes, singles and doubles play, strategy, and rule interpretations. Student must supply own racquet, balls, and eye guards.

Special Activities
Special areas beyond normally offered courses: cycling, diving, fitness games, fitness swimming. Repeatable in different areas. Consult the current class schedule for activities offered each year.

Beginning Floor Hockey
Introduction to the game, including team composition, rules, and fundamental skills.
Intermediate Floor Hockey
Analysis of and drills in fundamental skills, position play, and team strategies. Emphasis given to team play.

Outdoor Skills Seminar:
A six-day experience (Sunday–Friday) beyond the normally offered activity courses: Canoeing, Off-road Biking, Road Biking. Repeatable in different areas. Instructor's permission required. Consult the current class schedule for activities offered each year. Summer Intensive.

Intermediate Acrobatics
Learning, performance, and exploration of tumbling and balancing. With emphasis on conceptual creativity, choreography, and program management. Instruction on spotting techniques, teaching theories, progression and safety will be given.

Officiating
Practical field experience in officiating. Rules, officiating mechanics, and signals, learned and practiced. MHSAA certification available. Certified officials have opportunities to earn up to $50.00 a game for officiating elementary school, middle school, and high school athletic contests. Prerequisite: Previous knowledge of the game and/or experience playing the game.

Outdoor Trips-N-Treks
One to two week trips beyond the normally offered activity courses: Biking, Backpacking, Canoeing. Repeatable in different areas. Instructor's permission required. Consult the current class schedule for activities offered each year. Summer Intensive.

Lifeguarding
Instruction in accident prevention, aquatic facility supervision, and water-rescue techniques. Successful completion results in American Red Cross Lifeguard Training certification. Current first aid and CPR certification included. Prerequisite: Ability to swim 500 yards in 10 minutes or less. Fall

Wilderness Living
Instruction in camping and survival techniques, open fire cooking, orienteering, backpacking, wilderness first aid, edible wild plants, and tracking. Students supply their own equipment. One weekend trip required.

Water Safety Instructor
Instruction in techniques for teaching American Red Cross swimming courses. Current CPR certification required. Swimming pretest required. Spring

WSI Internship
Students who have a current American Red Cross Water Safety Instructor's Certification or equivalent can take advantage of this opportunity. Participants will teach and organize a class of students for the Learn-To-Swim program. Teachers will be expected to provide lesson plans and teach all the required lessons. Fall, Spring, S/U.

Fit and Well
A balanced up-to-date coverage of all critical areas of wellness including physical fitness, nutrition, weight management, stress, cardiovascular disease, cancer, addictions, and injury prevention. Practical tools will be given to help students take charge of their wellness related behaviors and adopt healthier lifestyles.

Principles and Practices of Coaching
A study and discussion into sports-team organization, recruiting, picking teams, training, game preparation, travel budget, crowd control, facilities management, fund raising, game safety and control, and coaches' decorum. Special emphasis will include keeping the game in a "Christian perspective" and establishing a personal coaching philosophy.

Physiology of Exercise
Theoretical study of the body's physiological response to exercise and its practical application. Prerequisites: BIOL111, 112, 113, or equivalent. Weekly: 4 lectures and 1 lab. Fall

Independent Study/Reading/Research/Project
Independent Study: Directed study in an area of interest resulting in a formal term paper.
Independent Readings: Weekly meetings with the instructor for individual assignments and reports.
Independent Research: Design and execution of an experiment or causal-comparative research.
Independent Project: Practical or creative experience or project in consultation with instructor. Permission required from the instructor and department chair. Thirty hours of involvement required for each credit. Contract of proposed activity required. Repeatable to 4 credits in each area. Fall, Spring