

## **PED 104 Directed/Web Based**

Daniel T. Higgins

Office phone, 402-479-3265

Cell phone, 402-202-8660

This is a graded course and your grade will be based on the completeness and content of your work. There are two basic requirements that you must meet.

1. You must write a five page reaction paper to the book that you choose to read. The paper must use a font no greater than 12 pt, be double spaced, and have margins no greater than one inch. Your thoughts should be well ordered, thought out, and follow a logical progression. If you find that you agree with the author explain how you came to agree. If you disagree with the author you must defend your position. You may choose to identify the information/issues that you were not aware of before reading the book. Or, you may decide that you have been challenged or convicted by the information and outline what you will do about your insight. However you proceed you must have enough to say to fill the five pages, and the cover sheet if there is one will not count as a page.

You may read any of the books written by: Dr. Andrew Weil, Dr. Kenneth Cooper, Dr. Dean Ornish, or Covert Bailey **EXCEPT** their cookbooks.

2. You must keep track of everything that you eat and drink for two weeks and log each item, the calories it contains and the fat grams it contains. Every item consumed must be listed, including water. At the end of each day you must total the calories and fat grams so that you can note how you are doing. If you do not do the daily totals you will have useless data so be sure to do the daily totals. At the end of two weeks review the log and write a paragraph or two about what you have learned from the exercise. If you wait until after completing the reading assignment the information will mean more to you.

The log and the paper are due on the last day of the term. They can be sent to me as an attachment to an e-mail at [ikneadu@msn.com](mailto:ikneadu@msn.com) , if you have questions you may address them to the same address. If you find that you are having some sort of fitness emergency you may call my cell phone at 402-202-8660.