

Moravian College
Concepts of Fitness and Wellness, PE 107.2B
Mondays, 12:50-2:00 PM
Johnston Hall Classroom 138
Spring, 2006

Faculty: Eric Lambinus, Assistant Professor
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Course Objectives:

Concepts of Fitness and Wellness: A Comprehensive Lifestyle Approach is designed to provide the cognitive and behavioral skills students need to adopt a healthy lifestyle- based on personal needs- that will promote lifetime health, fitness, and wellness. Rather than tell the student what to do, the course will provide the student with information to become a good problem solver/decision maker and to make informed choices about his or her lifestyle.

Required Textbook:

Corbin, Charles et al (2004). Concepts of Fitness and Wellness (5th ed.),
Boston:McGraw-Hill

Course Requirements:

1. Class attendance and lab work is required: Students need to develop an alternate plan with the instructor in the event of illness prior to absences or immediately following class session missed
2. Preparation for each class is an expectation: Alternative or additional assignments may be required at the discretion of the instructor
3. Active participation is an expectation during class and laboratory sessions
4. Plagiarism is unacceptable: Group projects may be assigned where the group is responsible for all the activities and results

Method of Evaluation:

1. 40% class participation/attendance
2. 25% papers
3. 15% lab activities/assignments
4. 20% oral report

Schedule:

January 16th: Course overview, Healthy Lifestyle Questionnaire
January 23th: Section II – Introduction to Physical Activity
January 30th: Section III – Physical Activity Pyramid
February 6th: Section IV – Special Considerations
February 13th: Section V – Body Composition & Nutrition

February 20th: Special Topic – Fast Food Nutrition (**Supersize Me**)

February 27th: *Personal Fitness paper due

March 13th: Wellness Assessment, Guest lecturer

March 20th: Section VI – Stress Management

March 27th: Section VI – Decision Making

April 3rd: Section VII – Avoiding Destructive Behaviors

April 10th: Section VII – Making Informed Choices

April 24th: Overall Review & *Personal Wellness paper due