

Syllabus for PE 107.2 (105.1/106.1), Concepts of Fitness and Wellness

Moravian College
Concepts of Fitness and Wellness
Tuesdays, Period 3B 10:20- 11:30 am
Johnston Hall Classroom 8
Spring, 2006

Faculty: Kate Miller, Instructor 610-625-7850 mekpm01@moravian.edu
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Department of Athletics & Physical Education

Office hours: Tuesdays (11:30-4:00) Wednesday (11:30- 4:00) Thursday (11:30-4:00)

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 and William, Lindsey, R, and Welk, G. (2004). Concepts of Fitness and Wellness (6th ed.), Boston:McGraw-Hill
Interactive CD-ROM: HealthQuest

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
4. 20% oral reports/projects

Schedule:

Week 1 Introduction (January 17): Course overview; Oral Report assignments

Week 2 (January 24): Healthy Lifestyle Questions, Concepts 1 & 2, Labs 1A, 2A, 2B

Week 3 (January 31): Concepts 3, 4, & 5, Labs 3A, 3B, 4A, 5A
 Week 4(February 7): Concepts 6 & 7, Labs 6A, 7A
 Week 5 (February 14): Concepts 8 & 9, Labs CD ROM Target Heart Rate, Fitness Planner
 Week 6 (February 21): Concepts 10 & 11, Labs all lab work to be done in class
 Week 7 (February 28): Fitness Plan due; mid-term grades teacher evaluations
 Week8 (March 7): Spring Break
 Week 9 (March 14): Wellness Assessment, decision-making Concepts 12 & 13, Labs
 Week 10 (March 21): Concept 15, Labs
 Week 11 (March 28): Concepts 16 & 17, Labs
 Week 12 (April 4): No Class Concepts 18 & 19, Labs
 Week 13 (April 11): Concepts 20, 21, & 22, Labs
 Week 14 (April 18): Concept 23, Labs
 Week 15 (April 25): Concepts 24 &26, Labs personal wellness statement due, teacher evaluations

ORAL REPORTS

Directions: Oral reports will be done in pairs. Reports should be 10 minutes in length and discussion should follow lasting 10 minutes. There must be some sort of visual aid either drawn on board or handed out. Reports will be given on the day of the Concepts that they correspond to.

SUGGESTED TOPIC

Lifetime sports	Cardio Fitness	Flexibility
Strength Training	Agility	Lung Disease
Stroke	Mental Health	Heart Disease
Blood Pressure	Cancer	Alcoholism
Time Management	Nutrition	STD's
Stress Management	Tattoo and body piercing	

FITNESS PLANS

Due: February 28, 2006

Length: 2/3 Pages

Write a fitness plan on how you are going to change/improve your fitness components. In your introduction explain what your fitness level is and what kind of workouts you are doing now. Then use the concepts that we went over and implement a new fitness plan that is realistic for you. This plan should be all about you.