

Moravian College
Concepts of Fitness and Wellness, PE 107.2
Thursday 8:50- 10:00
Johnston Hall Classroom 8
Spring 2006

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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 and William, Lindsey, R, and Welk, G. (2002). 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 report/project

Schedule

- 1-19: Concept 1: Health, Wellness, Fitness, and Healthy Lifestyle: An Introduction
Concept 26: Towards Optimal Health and Wellness
Activity: Personal Identity
- 1-26: Concept 2: Using self- management skills to Adhere to Healthy Lifestyle Behaviors
Lab: Meteor Situation
Group Activity
- 2-2: Concept 16 Nutrition
Activity: *Super Size Me*
Homework: 16A Daily Diet Record
Handout- Daily Expenditure
- 2-9 Concept 15: Body Composition
Concept 17: Managing Diet and Activity for Healthy Body Fatness
Activity: *Super Size Me*
- 2-16: Section 7 Avoiding Destructive Behavior
Activity: Card Party
28 Days
- 2-23: Section 7: Avoiding Destructive Behavior
Activity: *28 days*
- 3-2: **Paper Due**
Concept 18: Stress and Health
Concept 19: Stress Management, Relaxation and Time Management
Activity: Grid of Life
- 3-9 Spring Break
- 3-16 Topic: *Are You Fit?*
Activity: Power Point
- 3-23 Topic: Metabolic Fitness/ Needs Assessment
Concepts: 2, 3,6,15
Activity: Handout, Lab 2A, 2B, 3A, 6A
- 3-30 Topic: Cardiovascular, Flexibility, Muscular Strength, and Endurance Testing
Concept 8, 10, 11
Activity: 12 min run/walk; push-ups/ sit-ups/ flexibility testing
- 4-6 Topic: Goal Setting and Exercise Prescription
Concept 5&6
- 4-13 Topic: Exercise Program:
Concept 11
- 4-20 **Fitness Paper Due**
- 4-27 Evaluations