

Moravian College

Concepts of Fitness and Wellness, PE 107.2 (Graded)

Monday, Period 2b

Johnston Hall & Classroom 8

Fall – 2006

Faculty: Edward E Little, Department of Physical Education

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Office hours: Mondays & Fridays (10:00 am to 2:00 pm)

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-base 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. (2005). Concepts of Fitness and Wellness (5th ed), Boston: McGraw-Hill

Interactive CD-ROM: Health Quest 4.2

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. 35% class participation/attendance
2. 25% papers
3. 15% lab activities
4. 15% oral reports/projects
5. 10% quizzes

Schedule:

August 28th: Introduction

September 4th: Off

September 11th: Course overview, Healthy Lifestyle Questionnaire, Concepts 1-1A & 2A-B and labs

September 18th: Concepts 3A, 4A & 5A, labs

September 25th: Oral reports, Concepts 15 – 16 – 17

October 2nd : Concepts 8A & 9, labs

October 16th: Oral reports 18 & 20

October 23rd : 1.5 mile walk or 12 minute run

October 30th : Concepts 10 & 11 (flexibility and muscle fitness) sit and reach composition body, Fitness Center, if time permits

November 6th: Ron Cline – (Concept 19) Stress

November 13th: Concepts 12-13A – Fitness papers due; 2 pages typed, double spaced

November 20th : Oral Reports 21 – 22 -23

November 27th: Fitness Center – weight training

December 4th: Oral Reports – 24 – 25- 26

December 11th: Class ends – Wellness Statement due; 2 pages, typed double spaced
Course evaluations