

Syllabus for PE 107.2 Concepts of Fitness and Wellness

Moravian College
Concepts of Fitness & Wellness
Monday: Period 5B 12:50-2:00 PM
Johnston Hall Classroom 8
Fall, 2005

Faculty: Jim Walker, Professor & Kate Miller, Assistant Professor
Department of Athletics & Physical Education
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Office hours: On most days from 9AM-4PM. Call first.

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. (2005). Concepts of Fitness and Wellness (6th ed.), Boston:McGraw-Hill
Interactive CD-ROM: HealthQuest

Course Requirements:

1. Class attendance, lab work, answers to research questions, and an active fitness plan are 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.

Method of Evaluation:

1. 35% class participation/attendance
2. 25% papers
3. 15% lab activities
4. 15% research questions
5. 10% quizzes

Schedule:

Introduction (Aug. 28): Course overview; Fitness Assessment; Research Questions

Week 1 (Sept. 4): No Class Labor Day Concepts 1 & 2, Labs

Week 2 (Sept. 11): Concepts 3, 4, & 5, Labs; Research questions

Week 3 (Sept. 18): Concepts 6 & 7, Labs; Dressed for fitness center; Outline of Fitness Plan due.

Week 4 (Sept. 25): Concepts 8 & 9, Labs; Rough Copy of Fitness Plan due

Week 5 (Oct. 2): Concepts 10 & 11, Labs; Dressed for activity

Week 6 (Oct. 9): Fall Break

Week 7 (Oct. 16): Concepts 12 & 13, Labs; Final Fitness Plan due and dressed for activity

Week 8 (October 23): Wellness Assessment, decision-making

Week 9 (Oct 30): Concept 15, Labs

Week 10 (Nov. 5): Concepts 16 & 17, Labs; nutrition video can be shown

Week 11 (Nov. 13): Concepts 18 & 19, Labs

Week 12 (Nov. 20): Concepts 20, 21, & 22, Labs; video 28 Days can be shown

Week 13 (Nov. 27): Concept 23, Labs; Oral reports finished

Week 14 (Dec. 4): Concepts 24 & 26, Labs; personal wellness statement due

RESEARCH QUESTIONS

Directions: Everyone in class will choose questions to research for the next class. These questions will be decided by the class based on our interest in fitness topics to be used in our fitness plan. You need to use your text and one other source for each of the questions which you will share with the class.

FITNESS PLANS

Due: Outline of Plan 9/18 Rough Copy 9/25 Final Copy 10/16

Length: 2/3 Pages

Personal: The plan must be for **YOU!** and based on the entire class. It must be a comprehensive plan for now and for your future. You will activate your plan twice in class.