

Syllabus for PE 107.2 Concepts of Fitness and Wellness

Moravian College

Concepts of Fitness and Wellness, PE 107.2

Monday 8:50-10:00am

Johnston Hall Classroom

Spring 2007

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Office: Athletic Training Room, Johnston Hall

Office Hours: 9:30am-3:00pm

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. These skills are based on personal needs, and will promote a lifetime of health, fitness, and wellness. Rather than tell the student what to do, this course is designed provide the student with information to become a good problem solver/decision maker and will teach the student to make informed choices about his or her lifestyle.

REQUIRED TEXTBOOK:

Corbin, Charles & William, Lindsey, R., and Welk, G. (2004). Concepts of Fitness and Wellness (6th ed.), Boston: McGraw-Hill

CLASS REQUIREMENTS:

1. Class attendance and lab work are required. Attendance will be taken at each class. Students need to develop an alternate plan with the instructor in the event of an illness, prior to the absence if possible, or immediately following the class session missed.
2. Preparation for each class is an expectation.
3. Active participation is an expectation.
4. Plagiarism is unacceptable.

METHOD OF EVALUATION:

1. 30% Class participation/attendance
2. 25% Paper
3. 15% Lab activities
4. 10% Quizzes/tests
5. 20% Oral report/project

SCHEDULE:

Jan. 15: Introduction – Instructors Goals/Students Goals
Overview of Class Syllabus
Healthy People 2010
Concept 1: Health, Wellness, Fitness, and Healthy Lifestyles: An Introduction
Concept 2: Using Self-Management Skills to Adhere to Healthy Lifestyle Behaviors
Lab: Assessment of Current Health
Assignment: Partner Projects

- Jan 22:** **Concept 15:** Body Composition
Body Composition Lab Demonstration
Lab: Determine personal body fat with Omron Body Fat Analyser
Assignment: Food Diary
Project
- Jan 29:** **Concept 16:** Nutrition
Concept 17: Managing Diet and Activity for Healthy Body Fatness
Activity: Nutrition IQ test
Lab17B: Evaluating Fast-Food Options
Project
- Feb 5:** **Concept 18:** Stress and Health
Concept 19: Stress Management, Relaxation, and Time Management
Lab: Wellness worksheet #12 – Daily Hassles and Stress
Lab 19A: Relaxing Tense Muscles
Project
- Feb 12:** **Concept 20:** The Use and Abuse of Tobacco
Concept 21: The Use and Abuse of Alcohol
Lab20A: Use and Abuse of Tobacco
Assignment: Lab21A: Blood Alcohol Level
Project
- Feb 19:** **Concept 22:** The Use and Abuse of Other Drugs
Concept 23: Preventing Sexually Transmitted Diseases
Lab 22A: Use and Abuse of Other Drugs
Lab 23A: Sexually Transmitted Disease Risk Questionnaire
Project
- Feb 26:** **Concept 24:** Cancer, Diabetes, and Other Health Threats
Concept 25: Recognizing Quackery: Becoming an Informed Consumer
Paper Due
Quiz # 1