

Moravian College
Concepts of Fitness and Wellness, PE 107.2B
Mondays, 12:50-2:00 PM
Johnston Hall Classroom 138
Spring, 2006

Faculty: Eric Lambinus, Assistant Professor
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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 et al (2004). Concepts of Fitness and Wellness (7th ed.),
Boston:McGraw-Hill

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/assignments
4. 15% oral report
5. 10% quizzes – two will be given at anytime during the semester

Schedule:

January 15th: Course overview, Healthy Lifestyle Questionnaire
January 22th: Section II – Introduction to Physical Activity
January 29th: Section III – Physical Activity Pyramid
February 5th: Section IV – Special Considerations

February 12th: Section V – Body Composition & Nutrition
February 19th: Special Topic – Fast Food Nutrition (**Supersize Me**)
February 26th: *Personal Fitness paper due
March 12th: Wellness Assessment, Guest lecturer
March 19th: Section VI – Stress Management
March 26th: Section VI – Decision Making
April 2nd: Section VII – Avoiding Destructive Behaviors
April 9th: Section VII – Making Informed Choices
April 23th: Overall Review & *Personal Wellness paper due