

Moravian College
Concepts of Fitness and Wellness, PE 107.2E
Tuesday 8:50- 10:00
Johnston Hall Classroom 8
Spring 2007

Faculty: Lorrie Radcliff/Fran Meagher
Department of Physical Education
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Office hours: LR: Monday – Friday 1-3pm
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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 (4th 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. 35% class participation/attendance
2. 25% papers
3. 15% lab activities
4. 15% oral report/project
5. 10% quizzes

Schedule

Jan 16: Topic- Concept 1&26: Towards Optimal Health and Wellness

Jan 23 Topic: Concept 2/6 *Self-Management Skills*
Concept 18/19 *Stress Management*

Jan 30: Topic Concept 20, 21, 22, 23: *Avoiding Destructive Behaviors*

Feb 6: Topic: Concept 20, 21, 22, 23: *Avoiding Destructive Behaviors*

Feb 13: Topic: Concept 16/17 *Nutrition/ Managing Diet and Activity for Healthy Body*
Fitness

Feb20 Topic: Concept 15 *Body Composition*

Feb 27: Topic: Concept 24and 25: *Making Informed Choices*
Wellness Papers Due/Class Evaluations

March 6: Spring Break

March 13 Fitness Begins

March 20: Concept 3,4,&5, Labs

March 27: Concept 6&7 Labs

April 3: Concept 8&9 Labs

April 10: Concept 10 & 11 Labs

April 17: Concept 12&13 Labs

April 24: **Fitness Papers Due**/ Class Evaluations