

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

Faculty: Lorrie Radcliff
Department of Physical Education
610-861-1537/ melrr01@moravian.edu for messages
Office hours: Monday – Friday 1-3pm

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: Health Quest

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

Jan 25: Topic: Concept 2/6 *Self-Management Skills*
Concept 18/19 *Stress Management*

Feb 1: Topic Concept 20, 21, 22, 23: *Avoiding Destructive Behaviors*

Feb 8: Topic: Concept 20, 21, 22, 23: *Avoiding Destructive Behaviors*

Feb 15: Topic: Concept 24 and 25: *Making Informed Choices*

Feb 22 Topic: Concept 16/17 *Nutrition/ Managing Diet and Activity for Healthy Body*
Fitness

March 1: Topic: Concept 15
Wellness Papers Due/Class Evaluations

March 8: Spring Break

March 15 Fitness Begins: Concept 1/: *An Introduction to Fitness/&How to develop a*
Fitness Plan

March 22: Concept 3, 4, &5 *Preparing for Physical Activity/ The Health Benefits of*
Physical Activity/ How Much Benefits of Physical Activity

March 29: Concept 7&9 *Lifestyle Physical Activity/ Active Aerobic, Sports, and*
Recreational Activities

April 5: Concept 8&10 *Flexibility/Cardiovascular Fitness*

April 12: Concept 11: *Muscular Fitness*

April 19: Concept 26: Putting it all together

April 26: **Fitness Paper Due**/Class Evaluations