

Syllabus for PE 107.2, Concepts of Fitness and Wellness

Moravian College
Concepts of Fitness and Wellness, PE 107.2
Thursdays, Period 3b-10:20-11:30 am
Johnston Hall Classroom 8
Spring, 2007

Faculty: Dawn Ketterman-Benner, Professor
Department of Physical Education
610-861-1530/ medmk01@moravian.edu for messages
Office hours: Mondays and Wednesdays, 11 a.m. to 2 p.m.

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. (2006). Concepts of Fitness and Wellness (6th ed.), Boston:McGraw-Hill
Interactive CD-ROM: HealthQuest 4.2

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. 20% oral report/project
4. 15% lab work
5. 10% quizzes (2)

Schedule: Fall classes will start with Fitness concepts 1-13 first/Spring classes will start with Wellness concepts 15-26 first

Week 1: Course overview, Healthy Lifestyle Questionnaire, Concepts 1 & 2 and Labs

Week 2: Concepts 3, 4, & 5, Labs
Week 3: Concepts 6 & 7, Labs
Week 4: Concepts 8 & 9, Labs
Week 5: Concepts 10 & 11, Labs
Week 6: Concepts 12 & 13, Labs
Week 7: ***Personal Wellness paper due March 1**
Week 8: Wellness Assessment
Week 9: Concept 15, Labs
Week 10: Concepts 16 & 17, Labs
Week 11: Concepts 18 & 19, Labs
Week 12: Concepts 20, 21, & 22, Labs
Week 13: Concept 23, Labs
Week 14: Concepts 24 & 25, Labs
Week 15: Concept 26, ***Personal Fitness paper due April 26**
Note: Speakers/videos will also be part of class

***Paper must be a minimum of two pages and must include personal assessments:
more detailed information will be given in a separate hand-out**
+Oral report—Students will be responsible for a group oral report/project on either a
fitness or wellness subject: Group report/project will be assigned throughout the semester
and length of presentation is not to exceed 20 minutes. Class will evaluate presentation
and ask questions of the presenters.