

## **Syllabus for PE 107.2B, Concepts of Fitness and Wellness**

Moravian College  
Concepts of Fitness  
Tuesday, Period 3b, 10:20-11:30 AM  
Johnston Hall Classroom 138  
Fall, 2007

**Faculty:** Associate Professor, Mary Beth Spirk: 610-861-1424/ [memas01@moravian.edu](mailto:memas01@moravian.edu)  
Assistant Professor, Kathleen Miller: 610-861-7850/ [mekpm01@moravian.edu](mailto:mekpm01@moravian.edu)  
Department of Athletics & Physical Education  
Office hours: Monday/Wednesday/Friday, 9am to 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; Welk, Gregory and Karen (2008). Concepts of Fitness and Wellness (7<sup>th</sup> ed.), New York: 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
4. 15% oral reports/projects
5. 10% quizzes

### **Schedule:**

Introduction (August 28): Course overview; Oral Report assignments; Concepts 1 & 2  
Week 2 (Sept. 4): Circuit training

Week 3 (Sept. 11): Concepts 3, 4, & 5; Labs 3A, 4A, 5A; Fitness Center  
Week 4 (Sept. 18): Concepts 6 & 7; Labs 6A & 7A  
Week 5 (Sept. 25): Concepts 8 & 9; Lab 8A;  
Week 6 (Oct. 2): Concepts 10; Labs 10A & 11B; preliminary grades given on request  
Week 7 (Oct. 16): Concepts 11 & 12; Fitness Plan due; mid-term grades  
Week 8 (Oct. 23): Wellness Assessment, decision-making  
Week 9 (Oct. 30): Concept 13, 14, & 15; Labs  
Week 10 (Nov. 6): Concepts 16 & 17; Labs  
Week 11 (Nov. 13): Concepts 18 & 19; Labs  
Week 12 (Nov. 20): Concepts 20 & 21; Labs  
Week 13 (Nov. 27): Concept 22, 23 & 24; Labs; Oral reports finished  
Week 14 (Dec. 4): Personal Wellness Statement due

## ORAL REPORTS

Directions: Oral reports should be done either individually or in pairs. Reports should be 10 minutes in length and discussion should follow lasting 10 minutes. There must be a visual aid and/or activity included with the report.

## SUGGESTED TOPICS

Aging  
Athletic Injuries  
Flexibility and Agility  
Cancer  
Cholesterol  
Strength Training  
Depression  
Environmental Health  
Substance Abuse  
Diabetes

Arthritis, Osteoporosis, and Chronic Back Conditions  
Blood Pressure  
Lifetime Sports  
Heart Disease and Stroke  
Nutrition and Overweight  
Physical Activity and Fitness  
Lung Disease  
Mental Health and Mental Disorders  
Cardiovascular Fitness

**Fitness Plan** due: October 16

**Wellness Plan** due: December 4

Length: 2/3 Pages

Personal plans: The plans must be for **YOU** and based on the information you gained throughout the course.