

Syllabus for PE 107.2 Concepts of Fitness and Wellness

Moravian College
Concepts of Fitness & Wellness
Monday: Period 5B 2:00-3:10 PM
Johnston Hall Classroom 8
Fall, 2007

Faculty: Jim Walker, Professor & Kate Miller, Assistant Professor
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Office hours: On most days from 9AM-4PM. Call first.

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. (2007). Concepts of Fitness and Wellness (7th ed.), Boston:McGraw-Hill
Interactive CD-ROM: HealthQuest

Course Requirements:

1. Class attendance, lab work, answers to research questions, and an active fitness plan are 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.

Method of Evaluation:

1. 35% class participation/attendance
2. 25% papers
3. 15% lab activities
4. 15% Oral Report
5. 10% quizzes

Schedule:

Introduction (Aug. 27): Course overview; Fitness Assessment; Discussion Questions
Week 1 (Sept. 3): No Class Labor Day Concepts 1 & 2, Labs
Week 2 (Sept. 10): Concepts 3, 4, & 5, Labs; Present (1-2 minutes) Health Problems/Fitness Solutions; Pick Topics for Fitness & Wellness Oral Reports
Week 3 (Sept. 17): Concepts 6 & 7, Labs; Dressed for fitness center;
Week 4 (Sept. 24): Concepts 8 & 9, Labs; Outline of Fitness Plan due
Week 5 (Oct. 1): Concepts 10 & 11, Labs; Rough Copy of Fitness Plan due; Dressed for activity
Week 6 (Oct. 8): Fall Break
Week 7 (Oct. 15): Concepts 12 & 13, Labs; Final Fitness Plan due and dressed for activity
Week 8 (October 22): Wellness Assessment, decision-making
Week 9 (Oct 29): Concept 15, Labs
Week 10 (Nov. 4): Concepts 16 & 17, Labs; nutrition video can be shown
Week 11 (Nov. 11): Concepts 18 & 19, Labs
Week 12 (Nov. 19): Concepts 20, 21, & 22, Labs; video 28 Days can be shown
Week 13 (Nov. 26): Concept 23, Labs;
Week 14 (Dec. 3): Concepts 24 & 26, Labs; personal wellness statement due

ORAL REPORTS

Directions:

Oral reports should be done either individually or in pairs. Reports should be 15-20 minutes in length and discussion should follow lasting 10 minutes. There must be some sort of visual aid either drawn on board or handed out. Reports will be given on the day of the **concepts** that they correspond to. You need to list on the board 2 other sources besides the text. Grades will be based on subject matter presentation; relationship of topic to students; ability to handle discussion of the subject; visual aids and class activity. Topics will be developed during discussion in our first class and chosen during our second class. Be sure to use your text to consider topics as well.

FITNESS PLANS

Due: Outline of Plan 9/24 Rough Copy 10/1 Final Copy 10/15

Length: 2/3 Pages

Format: Plan Format directions will be given in class on 9/10

Personal: The plan must be for **YOU!** and based on the entire class. It must be a comprehensive plan for now and for your future.