

Syllabus for P.E. 107.2 E (Concepts of Fitness and Wellness)

**Thursdays 5 B (12:50-2:00)
Johnston Hall Classroom 8
Fall- 2006**

**Faculty- Coach Pollard
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Required Textbook:

**Corbin, Welk, Corbin, Welk (2006) Concepts of Fitness and Wellness (6th ed.),
Boston: McGraw-Hill**

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 upon personal need- that will promote lifetime health, fitness and wellness. Rather than tell the students what to do, the course will provide the student with information to become a good problem solver/decision maker and to make the informed choices about his or her lifestyle.

Course Requirements:

- 1. Class attendance and lab work is required. Students need to develop an alternative plan with me in the event of illness prior to absences or immediately following the class session.**
- 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 certain lab sessions.**
- 4. Plagiarism is unacceptable. Group projects will be assigned where the group is responsible for all activities and results.**

Methods of Evaluation:

The following areas will all be taken into consideration in regards to creating your grade for this course: Quizzes, class attendance/participation, papers, lab activities and oral reports.

Papers: (2)

- 1. Fitness/Wellness Plan**

- 2. Due Date:**
- 3. 2-3 type written, double spaced pages**
- 4. This fitness plan should be for you; however, you may create a fictitious person as a subject for your paper. I encourage that you use the information from the “wellness” section of your text as the basis for your paper.**

Oral Report: (1 + paper)

Directions: oral reports will be done in groups of 2 or 3. Reports should be 10-15 minutes in length- or about 5 minutes per person. There must be some sort of visual aid with each report- you may use the computer in the classroom, charts, handouts, blackboard etc. A typed, double spaced paper of your presentation will be turned in at the end of the report and will count as the 2nd paper. This may be note cards- however, they must be legible and organized.

Possible Topics:

Cholesterol, Aging, Diabetes, Cardiovascular fitness, Lung disease, Strokes, Heart diseases, Tobacco, Flexibility, Strength training, Mental health, Athletic injuries, Lifetime sports, Eating disorders, Cancer, Blood pressure, Agility, Steroids, Stress...