

**Moravian College**  
**Concepts of Fitness and Wellness, PE 107.2B**  
**Mondays, 12:50-2:00 PM**  
**Johnston Hall Classroom 138**  
**Spring, 2008**

Faculty: Eric Lambinus, Assistant Professor  
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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 et al (2008). Concepts of Fitness and Wellness (7<sup>th</sup> ed.),  
Boston: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/assignments
4. 15% oral report
5. 10% quizzes – two will be given at anytime during the semester

Schedule (subject to change):

January 14<sup>th</sup>: Course overview, Healthy Lifestyle Questionnaire  
January 28<sup>th</sup>: Section II – Introduction to Physical Activity  
February 4<sup>th</sup>: Section III – Physical Activity Pyramid  
February 11<sup>th</sup>: Section IV – Special Considerations

February 18<sup>th</sup>: Section V – Body Composition & Nutrition

February 25<sup>th</sup>: Special Topic – Fast Food Nutrition (**Supersize Me**)

March 10<sup>th</sup>: \*Personal Fitness paper due

March 17<sup>th</sup>: Wellness Assessment, Guest lecturer

March 31<sup>st</sup>: Section VI – Stress Management

April 7<sup>th</sup>: Section VI – Decision Making

April 14<sup>th</sup>: Section VII – Avoiding Destructive Behaviors

April 23<sup>th</sup>: Section VII – Making Informed Choices & \*Personal Wellness paper due