

Moravian College
Concepts of Fitness and Wellness, PE 107.2
Tuesday 8:50- 10:00
Johnston Hall Classroom 8
Spring 2008

Lorrie Radcliff, Assistant Athletic Trainer; Wellness
Department of Physical Education
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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 and William, Karen A Welk, and Gregory J. Welk, (2006). Concepts of Fitness and Wellness (7th ed.), Boston:McGraw-Hill
Interactive CD-ROM: HealthQuest

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 report/project
5. 10% quizzes

Schedule

Jan 15: Topic- Concept 2&24: Introductions

Homework: Read Concept 2 & 24
Complete Lab 24A

Jan 22 Topic: Concept 2: Self-Management

Activity: Meteor Situation

Jan 29: Topic: Concept 2: Self Planning Skills

Activity: Groups assignments explain Stage of Change Model

Feb 5: Concept 14 Nutrition

Homework: 14A/ Handout- Energy Expenditure
Power Point: Nutrition

Feb 12: Concept 18,19,20 Avoiding Concept Activity Movie 28 Days

Group Presentation: Alcohol/ Smoking
Movie 28 Days

Feb 19: Concept 13 Body Composition

Group Presentations

Feb 26: Concept

Papers Due

Coach Meagher will be taking over

March 11 Fitness Begins: Concept 1/: *An Introduction to Fitness/&How to develop a Fitness Plan*

March 18: Concept 3, 4, &5 *Preparing for Physical Activity/ The Health Benefits of Physical Activity/ How Much Benefits of Physical Activity*

March 25: Concept 7&9 *Lifestyle Physical Activity/ Active Aerobic, Sports, and Recreational Activities*

April 1: Concept 8&10 *Flexibility/Cardiovascular Fitness*

April 8: Concept 11: *Muscular Fitness*

April 15: Concept 26: Putting it all together

April 29: **Fitness Paper Due**/Class Evaluations