

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

Faculty: Lorrie Radcliff  
Department of Physical Education  
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Office hours: Monday – Friday 1-3pm

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, Karen A Welk, and Gregory J. Welk, (2006).  
Concepts of Fitness and Wellness (7<sup>th</sup> 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 17: Topic: Intro to class

Group Project assignment

Homework: Read Concept 2 & 24

Complete Lab 24A

Jan 24: Topic Concept 2 Self Management and Self Planning Skills

Activity: Meteor Situation

Grid of Life

Goal Setting/ SMART

Jan 31: Topic Concept 14 Nutrition

Activity Super Size Me Clip

Homework 14A/ Handout- Energy Expenditure

Feb 7: Concept 14, 16 & 17

Activity: Continue Nutrition

Start Movie 28 Days/Handout

Feb 14: Concept 16 & 17

Activity 28 days

Feb 21 Topic: Concept 18, 19, 20

Activity Alcohol Experiment

28 Days

Feb 28: **Wellness Papers Due**/Class Evaluations

March 6: Spring Break

March 13 Fitness Begins: Concept 1/: *An Introduction to Fitness/ & How to develop a Fitness Plan*

March 20: Concept 3, 4, & 5 *Preparing for Physical Activity/ The Health Benefits of Physical Activity/ How Much Benefits of Physical Activity*

March 27: Concept 7 & 9 *Lifestyle Physical Activity/ Active Aerobic, Sports, and Recreational Activities*

April 3: Concept 8 & 10 *Flexibility/ Cardiovascular Fitness*

April 10: Concept 11: *Muscular Fitness*

April 17: Concept 26: Putting it all together

April 24: **Fitness Paper Due**/Class Evaluations

