

Syllabus for PE 107.2, Concepts of Fitness and Wellness

Moravian College
Concepts of Fitness and Wellness, PE 107.2
Thursdays, Period 3b-10:20-11:30 am
Johnston Hall Classroom 138
Spring, 2008

Faculty: Dawn Ketterman-Benner, Professor
Department of Physical Education
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Office hours: Mondays and Wednesdays, 11 a.m. to 2 p.m.

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 and Welk, Gregory and Karen. (2008). Concepts of Fitness and Wellness (7th ed.), Boston:McGraw-Hill
Interactive CD-ROM: HealthQuest 4.2

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. 30% class participation/attendance
2. 25% papers
3. 20% oral report/project
4. 15% lab work
5. 10% quizzes (2)

***Schedule: Fall and Spring classes will both start with Concepts 1 & 2; Spring classes will then cover Wellness Concepts 13-24, followed by Fitness Concepts 3-12**

Week 1: Course overview, Healthy Lifestyle Questionnaire, Concepts 1 & 2 and Labs

Week 2: Concepts 3, 4, & 5, Labs
Week 3: Concepts 6 & 7, Labs
Week 4: Concepts 6 & 7 continued
Week 5: Concepts 8 & 9, Labs
Week 6: Concepts 10 & 11, Labs
Week 7: ***Personal Fitness Plan /Lab 24 C**
Week 8: Concept 13, Labs
Week 9: Concept 14 & 15, Labs
Week 10: Concepts 14 & 15 continued
Week 11: Concepts 16 & 17, Labs
Week 12: Concepts 18, 19, & 20, Labs
Week 13: Concept 21, Labs
Week 14: Concepts 22 & 23 Labs
Week 15: ***Personal Wellness paper/Concept 24 and Lab 24 B**

*Note: Speakers/videos/class presentations will also be part of class

***Paper must be a minimum of two pages and must include personal assessments:
more detailed information will be given in a separate hand-out
+Oral report**—Students will responsible for a group oral report/project on either a
fitness or wellness subject: Group report/project will be assigned throughout the semester
and length of presentation is not to exceed 30 minutes. Class will evaluate presentation
and ask questions of the presenters.