

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

Faculty: Edward E. Little  
Department of Physical Education  
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Office hours: Mondays and Fridays, 10 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, Lindsey, R, and Welk, G. (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. If a student misses a class his/her grade will be dropped one full letter grade if the student misses a second class the student will Fail the class.
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 reports/projects
5. 10% quizzes

Schedule:

Week 1 (Jan. 21st): 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 8 & 9, Labs

Week 5: Concepts 10 & 11, Labs; preliminary grades given on request  
Week 6: Concepts 12 & 13, Labs  
Week 7 (Oct. 21<sup>st</sup>): Oral reports finished and personal fitness plan due; mid-term grades  
Week 8: Wellness Assessment, decision-making  
Week 9: Concept 15, Labs  
Week 10: Concepts 16 & 17, Labs; nutrition video can be shown  
Week 11: Concepts 18 & 19, Labs  
Week 12: Concepts 20, 21, & 22, Labs; video 28 Days can be shown  
Week 13: Concept 23, Labs; Oral reports finished  
Week 14 (Dec. 9<sup>th</sup>): Concepts 24 & 26, Labs; personal wellness statement due

\*Notes to teaching faculty (to include in syllabus):

1. Video library is being developed for course