

Syllabus for PE 107.2B, Concepts of Fitness and Wellness

Moravian College
Concepts of Fitness
Tuesday, Period 3b, 10:20-11:30 AM
Johnston Hall Classroom 138
Fall, 2008

Faculty: Associate Professor, Mary Beth Spirk: 610-861-1424/ memas01@moravian.edu
Assistant Professor, Kathleen Miller: 610-861-7850/ mekpm01@moravian.edu
Department of Athletics & Physical Education
Office hours: Monday/Wednesday/Friday, 9am to 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; Welk, Gregory and Karen (2006). Concepts of Fitness and Wellness (6th ed.), New York: 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
4. 15% oral reports/projects
5. 10% quizzes

Schedule:

Introduction (August 26): Course overview; Oral Report assignments; Concepts 1 & 2
Week 2 (Sept. 2): Lab 1B, dress for activity.

Week 3 (Sept. 9): Concepts 3, 4, & 5; Labs 3A, 4A, 5A
 Week 4 (Sept. 16): Concepts 6 & 7; Labs 6A & 7A
 Week 5 (Sept. 23): Concepts 8 & 9; Lab 8A; dress for activity
 Week 6 (Sept. 30): Concepts 10 & 11; Labs 10A & 11B; preliminary grades given on request; Fitness Center option
 Week 7 (Oct. 14): Concepts 12 & 13; Fitness Plan due; mid-term grades
 Week 8 (Oct. 21): Wellness Assessment, decision-making
 Week 9 (Oct. 28): Concept 15; Labs
 Week 10 (Nov. 4): Concepts 16 & 17; Labs
 Week 11 (Nov. 11): Concepts 18 & 19; Labs
 Week 12 (Nov. 18): Concepts 20, 21, & 22; Labs
 Week 13 (Nov. 25): Concept 23, Labs; Oral reports finished
 Week 14 (Dec. 2): Concepts 24 & 26; Labs; Personal Wellness Statement due

ORAL REPORTS

Directions: Oral reports should be done either individually or in pairs. Reports should be 10 minutes in length and discussion should follow lasting 10 minutes. There must be some sort of visual aid either drawn on board or handed out.

SUGGESTED TOPICS

Bicycling	Flexibility	Knee Surgery
Cholesterol	Strength Training	Cancer
Aging	Mental Health	Blood Pressure
Diabetes	Athletic Injuries	Concussions
Cardiovascular Fitness	Lifetime Sports	Agility
Lung Disease	Heart Disease	Neck/Upper Back Injuries
Stroke	Lower Back Injuries	

Fitness Plan due: October 14

Wellness Plan due: December 2

Length: 2/3 Pages

Personal plans: The plans must be for **YOU** and based on the information you gained throughout the course.