

# Syllabus for PE 107.2C Concepts of Fitness and Wellness

Moravian College  
Concepts of Fitness & Wellness  
Monday: Period 4B 12:50-2:00 PM  
Johnston Hall Classroom 8  
Fall, 2008

Faculty: Jim Walker, Professor & Kate Miller, Assistant Professor  
Department of Athletics & Physical Education  
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Office hours: On most days from 9AM-4PM. Call first.

## 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. (2008). Concepts of Fitness and Wellness (7<sup>th</sup> ed.), Boston:McGraw-Hill  
Interactive CD-ROM: HealthQuest 4.2

## Course Requirements:

1. Class attendance, lab work, answers to research questions, and an active fitness plan are 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.

## Method of Evaluation:

1. 30% class participation/attendance
2. 25% papers
3. 20% Oral Report
4. 15% lab activities
5. 10% quizzes (2 @5% each)

## Schedule:

Introduction (Aug. 25): Course overview; Fitness Assessment; Research Questions  
Week 1 (Sept. 1): No Class Labor Day Concepts 1 & 2, Labs  
Week 2 (Sept. 8): Concepts 3, 4, & 5, Labs; Research questions  
Week 3 (Sept. 15): Concepts 6 & 7, Labs; Dressed for fitness center; Outline of Fitness Plan due.  
Week 4 (Sept. 22): Concepts 8 & 9, Labs; Rough Copy of Fitness Plan due  
Week 5 (Sept. 29): Concepts 10 & 11, Labs; Dressed for activity  
Week 6 (Oct. 6): Fall Break  
Week 7 (Oct. 13): Concepts 12 & 13, Labs; Final Fitness Plan due and dressed for activity  
Weeks 8-15 (October 20-December 8): Wellness Classes start.

## **FITNESS PLANS**

Due: Outline of Plan 9/15 Rough Copy 9/22 Final Copy 10/13

Length: 2/3 Pages

Format: Plan format will be given to you in class on 9/8 and emailed to you by 9/1

Personal: The plan must be for **YOU!** and based on the entire class. It must be a comprehensive plan for now and for your future.

## **ORAL REPORTS**

### **POSSIBLE TOPICS**

#### **FITNESS**

*HIKING*

*ROLLER BLADING*

*PYLOMETRICS*

*AQUAROBICS*

*STRENGTH TRAINING*

*WALKING*

*AEROBICS*

*SWIMMING*

*BIKING*

*CALESTHETICS*

*JAZZERCISE*

*DANCE*

*PILATES*

#### **WELLNESS**

*SMOKING*

*OBEISITY*

*NUTRITION*

*HEART DISEASE*

*CHOLESTEROL*

*DEPRESSION/MENTAL HEALTH*

*HIV*

*DIABETES*

*LEUKEMIA*

*ARTHRITIS*

*STROKE*

*ARTHEROSCLEROSIS*

*KIDNEY DISEASES*

*STRESS MANAGEMENT*

*MARTIAL ARTS*

*GYMNASTICS*

*ROWING*

*STAIR CLIMBER*

*ANY SPORT*

*JOGGING/RUNNING*

*YOGA*

*JUDO*

*AGILITIES*

*JOINT SURGERY*

*FLEXIBILITY*

*NECK AND BACK INJURIES*

*ROCK/MOUNTAIN CLIMBING*

*ALCOHOL ABUSE*

*CANCERS*

*HIGH/LOW BLOOD PRESSURE*

*LOW BLOOD PRESSUE*

*DRUG ABUSE*

*STD'S*

*EATING DISORDERS*

*LUNG DISEASES*

*ALZEHEIMERS*

*MS*

*AGING*

*PNEUMONIA/FLU*

*DIETS*

***OTHER TOPICS OF CHOICE WILL BE CONSIDERED***

### **ORAL REPORT DIRECTIONS**

1. Oral reports presented either individually or in pairs.
2. 15-20 minutes in length.
3. Visual aids must be used-posters, handouts, power point, etc.
4. Presentations will be assigned on Sept 8. Anyone wishing to present on the 8<sup>th</sup> contact Coach Walker.
5. Use the text & two other sources that must be listed on the board or in the materials presented.
6. Topics should be of interest to the student.
7. Peer evaluations will be done by the other students.
8. Involve the class as much as possible.
9. The class will ask questions at the conclusion.