

Syllabus for Concepts of Fitness and Wellness PE 107.2E

Fall 2008

Tuesdays, period 5b, 12:50-2:00 pm
Johnston Hall-Classroom 138

Instructor: Walt Wandall
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Office hours: M-W-F 2:00-4:00pm

Course Objectives

Concepts of Fitness and Wellness: A comprehensive lifestyle approach is designed to provide the cognitive and behavioral skills students to need to adopt a healthy lifestyle based on personal needs. The course will provide the student with information to become a good problem solver/decision maker and enable the student to make informed choices about her or his lifestyle.

Required Textbook

Corbin, Charles et al (2008). Concepts of Fitness and Wellness 7th ed.
Boston: McGraw Hill Health Quest 4.2 Interactive CD included

Course Requirements

1. Class attendance and lab work is required.
Students need to develop and alternate plan with the instructor in the event of illness prior to absences or immediately following the class session that is 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 lab sessions.
4. Plagiarism is unacceptable.
Group projects may be assigned and every member will responsible for all the activities and results.

Grading

1. 30% class participation
2. 25% papers
3. 20% oral report/project
4. 15% labs
5. 10% quizzes (2)

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Schedule (subject to change)

Week

1. Course overview, Healthy Lifestyle questionnaire, Concepts 1 & 2 and labs
2. Concepts 3, 4, 5 and labs
3. Concepts 6 & 7 and labs
4. Concepts 6 & 7 cont'd
5. Concepts 8 & 9 and labs
6. Concepts 10 & 11 and labs
7. **Personal Fitness Plan Due / Lab 24 C**

Fitness Paper Requirements

Objective: Create a personal fitness program

- Paper due October 2, 2008
- Minimum of two full pages
- Attach appropriate lab work if used as reference
- Must be typed. Double spaced, normal margins
- Graded on content

Your paper should be individualized based on your **personal assessment data**, current behaviors, your desired outcomes and any behavioral changes, and **short and long term goals**. Incorporate data and results from your assigned labs, textbook, websites. If family history data is relevant, only include it if you feel comfortable doing so. *You will not be penalized for not including family health history.*

Your paper and plan should also include **8 major physical fitness concepts** from the text, your physical activity prescription, FITT formula (pages 86-87, 118, 156, 182), a physical activity plan using the fitness wizard print out, lab 8b, or create your own work-out plan that includes your warm-up, flexibility exercises, and what type of fitness training you will be doing and the methods in which you determined your goals(PRE, target heart rates, etc...)

The conclusion should include how you will stay motivated to adhere to your fitness plan to achieve your long-term goals.