

*Syllabus for PE 107.2F, Concepts of Fitness and Wellness

Moravian College
Concepts of Fitness and Wellness, PE 107.2F
Thursdays, Period 2b
Johnston Hall Classroom 8
Fall, 2008

Faculty: Fran Meagher/Lorrie Radcliff
Department of Physical Education
FM 610-861-1513/ mefjm01@moravian.edu for messages
LR 610-861-1537/ melrr01@moravian.edu for messages
Office hours: Meagher - Mondays and Wednesdays in the ARC, 1 pm. to 3 pm/Radcliff -
Mondays and Wednesdays in the Training Room, 11 am. to 2 pm

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 (7th ed.), Boston:McGraw-Hill

Course Requirements:

1. Class attendance and lab work is required: Successful attendance in class is the primary element of a passing grade. Absence will only be excused (and an opportunity provided to make up missed work) with a note from the Health Center or the Dean's Office.
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. Students need to come dressed in appropriate clothing, including appropriate footwear, to perform fitness activities that include walking, jogging, sport activities, flexibility exercises, fitness center exercises, etc.
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 report/project

5. 10% quizzes

Schedule:

August 28: Course overview, Healthy Lifestyle Questionnaire, Concepts 1 & 2 and Labs

September 4: Concepts 3, 4, & 5, Labs

September 11: Concepts 6 & 7, Labs

September 18: Concepts 8 & 9, Labs, 1st oral presentations

September 26: Concepts 10 & 11, Labs, oral presentations continued

October 2: Concepts 12 & 13, Labs, Quiz

October 9: *Personal Fitness paper due

October 16: Concept 2&24: Introductions to Wellness

October 23: Concept 2: Self-Management/ Decision making Skills

Activity: Meteor Situation

October 30: Concept 2: Self Planning Skills

November 6: Concept 14 Nutrition

November 13: Concept: 16 & 17 Stress Management

November 20: Concept 18, 19, 20 Avoiding Destructive Behavior

November 27: Thanksgiving

December 4: *Wellness Paper Due/ Class Evaluations

*Papers must be a minimum of 350 words. Fitness paper is due 10/9, Wellness paper is due 12/4.

+Oral report—Students will be responsible for a group oral report/project on either a fitness or wellness subject: Group report/project will be assigned throughout the semester