

## **Syllabus for PE 107.2 A Concepts of Fitness and Wellness**

Moravian College

Concepts of Fitness and Wellness, PE 107.2

Monday 8:50-10:00am

Johnston Hall Classroom

Spring 2009

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Office: Athletic Training Room, Johnston Hall

Office Hours: 9:30am-3:00pm

### **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. These skills are based on personal needs, and will promote a lifetime of health, fitness, and wellness. Rather than tell the student what to do, this course is designed provide the student with information to become a good problem solver/decision maker and will teach the student to make informed choices about his or her lifestyle.

### **REQUIRED TEXTBOOK:**

Corbin, Charles & William, Lindsey, R., and Welk, G. (2004). Concepts of Fitness and Wellness (8<sup>th</sup> ed.), Boston: McGraw-Hill

### **CLASS REQUIREMENTS:**

1. Class attendance and lab work are required. Attendance will be taken at each class. Students need to develop an alternate plan with the instructor in the event of an illness, prior to the absence if possible, or immediately following the class session missed.
2. Preparation for each class is an expectation.
3. Active participation is an expectation.
4. Plagiarism is unacceptable.

### **METHOD OF EVALUATION:**

1. 30% Class participation/attendance
2. 25% Paper
3. 15% Lab activities
4. 10% Quizzes/tests
5. 20% Oral report/project
6. On-going extra-credit: Current weekly articles from newspaper/magazines/TV news programs on Fitness/Wellness topics

## **SCHEDULE:**

- Jan. 19:** Introduction – Instructors Goals/Students Goals  
Overview of Class Syllabus  
**Concept 1:** Health, Wellness, Fitness, and Healthy Lifestyles: An Introduction  
Lab: Assessment of Current Health  
Assignment: Projects
- Jan 26:** **Concept 13:** Body Composition  
**Concept 14:** Nutrition  
**Concept 15:** Managing Diet and Activity for Healthy Body Fatness  
Lab: Determining personal body fat  
Activity: Nutrition IQ test  
Lab15B: Evaluating Fast-Food Options  
Assignment: Super Bowl commercials
- Feb 2:** **Concept 16:** Stress and Health  
**Concept 17:** Stress Management, Relaxation, and Time Management  
Lab16B: Evaluating Your Hardiness and Locus of Control  
Project
- Feb 9:** **Concept 18:** The Use and Abuse of Tobacco  
**Concept 19:** The Use and Abuse of Alcohol  
Lab18A: Use and Abuse of Tobacco  
Assignment: Lab19A: Blood Alcohol Level  
Activity: Goggles  
Project
- Feb 16:** **Concept 20:** The Use and Abuse of Other Drugs  
**Concept 21:** Preventing Sexually Transmitted Diseases  
Lab 20A: Use and Abuse of Other Drugs  
Project
- Feb 23:** **Concept 22:** Cancer, Diabetes, and Other Health Threats  
**Concept 23:** Becoming an Informed Consumer  
Lab 23A: Evaluating Products  
Project
- March 9:** Paper Due  
Quiz # 1  
Course Evaluations