

Moravian College
Concepts of Fitness and Wellness, PE 107.2B
Mondays, 12:50-2:00 PM
Johnston Hall Classroom 138
Spring, 2009

“PHYSICAL FITNESS IS NOT ONLY ONE OF THE MOST IMPORTANT KEYS TO A HEALTHY BODY, IT IS THE BASIS OF DYNAMIC AND CREATIVE INTELLECTUAL ACTIVITY.” ~ JOHN F. KENNEDY

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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.

Expected Outcomes:

- Students will demonstrate a knowledge of the cognitive and behavioral skills needed to adopt a comprehensive healthy lifestyle.
- Students will acquire and be able to apply the physical and self-management skills to make informed choices about their individual lifestyles.

Required Textbook:

Corbin, Charles et al (2009). Concepts of Fitness and Wellness: A Comprehensive Lifestyle Approach (8th ed.), Boston:McGraw-Hill

Course Requirements:

1. Class attendance and lab work is required – since the class only meets once per week, full attendance is expected and each class missed will drop 5% off final grade (for example - participation is worth 30% of your final grade, one missed class will drop highest possible participation grade to 25% out of 30%, and so forth with additional missed classes). Alternative plans must be made for all missed assignments.
2. Preparation for each class is an expectation - fitness and wellness activities will take place throughout semester and all students are expected to be prepared to fully participate.
3. Active participation is an expectation during class and activity sessions. Active participation includes but is not limited to the following: volunteering thoughtful

answers and discussion on a regular basis, effort exerted in assessment activities, genuine energy in all class discussions and activities.

4. Academic Honesty – please see Moravian College Student Handbook for class policies on Academic Honesty and plagiarism. The minimum penalty for violations will be a zero on the assignment but could be the maximum of a zero for the course.

Method of Evaluation (grading scale- 90-100=A, 80-89=B, 70-79=C, 60-69=D, below 60=F):

1. 30% Class Participation
2. 30% Papers – Fitness Plan and Wellness Paper
3. 15% Lab Activities/Assignments
4. 15% Group Oral Report
5. 10% Quizzes – two will be given at the end of each section (Fitness & Wellness) and will include all topics discussed in class, including oral report topics presented by peers.

NOTE: It is within the instructor's purview to apply qualitative judgment in determining grades for an assignment or for the course.

Schedule (subject to change based on Oral Report Topics):

January 19th: Course Overview, Lifestyle and Wellness Assessment, Oral Report topic assignments

January 26th: Introduction to Physical Activity and Cardiovascular Fitness Assessment

February 2nd: Active Aerobics, Sports and Recreational Activities

February 9th: Stretching & Flexibility

February 16th: Muscle Fitness

February 23rd: Body Composition & Nutrition

March 9th: Special Topic – Fast Food Nutrition (Supersize Me)

March 16th: Personal Fitness Quiz and Paper Due

March 23rd: Introduction to Wellness

March 30th: Making Informed Choices

April 6th: Stress Management

April 13th: Use and Abuse of Tobacco, Alcohol, Drugs

April 20th: Wellness and Moravian College

April 27th: Wellness Quiz and Paper Due

Students who wish to request accommodations in this class for a disability should contact Mr. Joe Kempfer, Assistant Director of Learning Services for Disability Support, 1307 Main Street (extension 1510). Accommodations cannot be provided until authorization is received from the office of Learning Services.