

## Syllabus for PE 107.2, Concepts of Fitness and Wellness

Moravian College  
Concepts of Fitness and Wellness, PE 107.2  
Mondays, 2:20-3:30  
Johnston Hall Classroom  
Spring, 2009

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Office hours: Every Day – just stop by

### 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. (2004). Concepts of Fitness and Wellness (8<sup>th</sup> ed.), Boston:McGraw-Hill  
Interactive CD-ROM: HealthQuest 4.2

### Course Requirements:

1. Class attendance and lab work is 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: Group projects may be assigned where the group is responsible for all the activities and results

### Method of Evaluation:

1. 30% class participation/attendance
2. 25% papers
3. 15% lab activities and/or homework assignments
4. 10% Quizzes
5. 20% oral report/project (group report: two or three students in a group)

### Schedule:

Week 1: Course overview, Healthy Lifestyle Questionnaire, Concepts 1 & 2 and Labs  
Week 2: Concepts 3, 4, & 5, Labs  
Week 3: Concepts 6 & 7, Labs

Week 4: Concepts 8 & 9, Labs  
Week 5: Concepts 10 & 11, Labs  
Week 6: Concepts 12 & 13, Labs  
Week 7: \* Fitness paper due  
Week 8: Wellness Assessment  
Week 9: Concept 15, Labs  
Week 10: Concepts 16 & 17, Labs  
Week 11: Concepts 18 & 19, Labs  
Week 12: Concepts 20, 21, & 22, Labs  
Week 13: Concept 23 & 24 Labs  
Week 14: Concepts 25 & 26, Labs \* Wellness paper due