

Moravian College
Concepts of Fitness and Wellness, PE 107.2 E
Tuesday 8:50- 10:00
Johnston Hall Classroom 8
Spring 2009

Faculty: Lorrie Radcliff/Fran Meagher
Department of Physical Education
LR: 610-861-7005/ melrr01@moravian.edu for messages
FM: 610-861-1513/ mefjm01@moravian.edu for messages
Office hours: LR: Monday – Friday 1-3pm
FM: Mondays and Wednesday 11am-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. (2002). Concepts of Fitness and Wellness (8th ed.), Boston:McGraw-Hill
Interactive CD-ROM: HealthQuest

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. 35% class participation/attendance
2. 25% papers
3. 15% lab activities
4. 15% oral report/project
5. 10% quizzes

Schedule

Jan 20: Topic- Concept 1: Lifestyle for Health, Wellness, and Fitness Towards
Optimal Health and Wellness

Activity: *"Shift Happens"*

Ideal Cards

What is Wellness?

Jan 27 Topic: Concept 2/6 *Self-Management Skill*

Activity: *Meteor Situation*

Feb 3: Topic: Concept 16/17 Nutrition

Activity: *SuperSize Me*

Homework: *Lab14A*

Feb 10: Topic : Concept 15 *Body Composition*

Activity: *Lab 13B*

Feb17: Topic: Concept 16 and 17 Stress and Health

Activity Group Work Scenario

Feb24 Topic Concept 19 The Use and Abuse of Alcohol

Activity: Card party/ Beer Goggles

March 3 Spring Break

March 10: **Wellness Paper Due**

March Healthy Lifestyle Questionnaire, Concepts 1 & 2 and Labs

March 24: Concept 3, 4, & 5, Labs

March 31: Concept 6&7 Labs

April 7: Concept 8&9 Labs Oral Presentation

April 14: Concept 10 & 11 Labs Oral Presentation

April 21: Concept 12&13 Labs Quiz

April 28: **Fitness Papers Due**/ Class Evaluations