

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

Moravian College  
Concepts of Fitness and Wellness  
Tuesdays, Period 3B 10:20- 11:30 am  
Johnston Hall Classroom 8  
Spring, 2009

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Office hours: Tuesdays (11:30-4:00) Wednesday (10:00- 3:00) Thursday (10:00-3:00)

## 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

## 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 reports/projects
5. 10% quizzes

### Schedule:

- Week 1 Introduction (January 20): Course overview; Oral Report assignments Healthy Lifestyle Questions, Concepts 24, Labs 24 A/B
- Week 2 (January 27): Concept 14 & 15, Labs 14A&B, 15A
- Week 3 (February 3): Concepts 16& 17, Labs 16A&B, 17 A, B
- Week 4 (February 10): Concepts 18, 19, , & 20, Labs 19A&B, 20A
- Week 5 (February 17): Concepts 21, Labs 21A
- Week 6 (February 24): Concepts 22, Labs 22A
- Week 7 (March 3): Spring Break
- Week 8 (March 10): Wellness Paper Due; mid-term grades teacher evaluations
- Week 9 (March 17): Fitness Assessment, Concepts 2, Labs 2A, and Dress for Activity
- Week 10 (March 24): Concepts 3, 4, & 5, Labs 3A, 3B, 4A, 5A
- Week 11 (March 31): Concepts 6 & 7, Labs 6A, 7A
- Week 12 (April 7): Concepts 8 & 9, Labs CD ROM Target Heart Rate, Fitness Planner Lab 8A
- Week 13 (April 14): Concepts 10 & 11, Labs all lab work to be done in class
- Week 14 (April 21): Concepts 12 & 13,
- Week 15 (April 28): Fitness Plan due, teacher evaluations

## **ORAL REPORTS**

Directions: Oral reports will be done in groups. Reports should be 10 minutes in length and discussion should follow lasting 10 minutes. There must be some sort of visual aid either drawn on board or handed out. Reports will be given on the day of the Concepts that they correspond to.

## **SUGGESTED TOPIC**

Lifetime sports	Cardio Fitness	Flexibility
Strength Training	Agility	Lung Disease
Stroke	Mental Health	Heart Disease
Blood Pressure	Cancer	Alcoholism
Time Management	Nutrition	STD's
Stress Management	Tattoo and body piercing	

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### Personal Wellness Plan

- \*Due March 10<sup>th</sup> in class (will not except email papers)
- \*Length of Paper 1-2 pages typed double spaced and a minimum of 350 words
- \*Graded on content of material

*Wellness is defined as the integration of many different components (mental, social, emotional, spiritual, and physical) that expand one's potential to live and work effectively and to make a significant contribution to society. This paper should be about you.*

Write a lifestyle plan on how you are going to change/improve one component of your wellness.

\*In your introduction, explain how wellness affects your lifestyle and briefly assess your current wellness level by reviewing the Wellness labs you completed and topics presented in class ( i.e. nutrition, stress, use and abuse of alcohol, tobacco, and drugs, std's, cancer, and diabetes.)

\*Exam your labs, family history, and lifestyle risk behaviors that affect this component. Explain how positive and negative factors may affect how you choose to improve upon this component of wellness.