

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

Faculty: Lorrie Radcliff/Fran Meagher  
Department of Physical Education  
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Office hours: Monday – Friday 1-3pm

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 (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 report/project
5. 10% quizzes

## Schedule

Jan 22: Topic: Concept 1: Lifestyle for Health, Wellness, and Fitness Towards Optimal Health and Wellness

Activity: *“Shift Happens”*  
*Ideal Cards*  
*What is Wellness?*

Jan 29 Topic: Concept 2/6 *Self-Management Skill*

Activity: *Meteor Situation*

Feb 5: Topic: Concept 16/17 Nutrition

Activity: *SuperSize Me*

Homework: *Lab14A*

Feb 12: Topic: Concept 15 *Body Composition*

Activity: *Lab 13B*

Feb19: Topic: Concept 16 and 17 Stress and Health

Activity Group Work Scenario

Feb26 Topic Concept 19 The Use and Abuse of Alcohol

Activity: Card party/ Beer Goggles

March 5 Spring Break

March 12: **Wellness Paper Due**

March 19: Concept 1, 3, 4

Activity: *Power Point/ Needs Assessment Labs 3A, 4A,*

March 26: Concept5, 6:

Activity: *Needs Assessment Continuation Lab 5A, 6A/ Intro to the FITT Formula*

April 2: Concept 8: Active Aerobic, Sport, and Recreational Activity

April 9: Concept 9, 10

Activity: *Evaluating Flexibility, Muscular Strength/Endurance Station Work*

April 16: Concept 10

Activity: *Weight Room/ Muscle Building Work Out*

April 23: Concept 7: Cardiovascular Evaluation

Activity: *Heart Rate/ 1Mile Walk*

April 30: Fitness **Papers Due**/ Class Evaluations