

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

Moravian College  
Concepts of Fitness and Wellness, PE 107.2  
Thursdays, Period 3b-10:20-11:30 am  
Johnston Hall Classroom 138  
Spring, 2009

Faculty: Dawn Ketterman-Benner, Professor  
Department of Physical Education  
610-861-1530/ [medmk01@moravian.edu](mailto:medmk01@moravian.edu) for messages  
Office hours: Mondays and Wednesdays, 11 a.m. to 2 p.m.

### **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 positive choices about his or her lifestyle.

### **Required Textbook:**

Corbin, Charles and William and Welk, Gregory and Karen. (2009). Concepts of Fitness and Wellness (8<sup>th</sup> ed.), Boston:McGraw-Hill

### **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. **20%** oral report/project
4. **15%** lab work
5. **10%** quizzes (2)

**\*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 6 & 7 continued

Week 5: Concepts 8 & 9, Labs

Week 6: Concepts 10 & 11, Labs

Week 7: **\*Personal Fitness Plan /Lab 24 C**

Week 8: Concept 13, Labs

Week 9: Concept 14 & 15, Labs

Week 10: Concepts 14 & 15 continued

Week 11: Concepts 16 & 17, Labs

Week 12: Concepts 18, 19, & 20, Labs

Week 13: Concept 21, Labs

Week 14: Concepts 22 & 23 Labs

Week 15: **\*Personal Wellness paper/Concept 24 and Lab 24 B**

\*Note: Speakers/videos/class presentations will also be part of class. Concepts order is subject to change depending on the semester

**\*Paper must be a minimum of two pages and must include personal assessments: more detailed information will be given in a separate hand-out**

**\*Oral report**—Students will responsible for a group oral report/project on either a fitness or wellness subject: Group report/project will be assigned throughout the semester and length of presentation is not to exceed 30 minutes. Class will evaluate presentation and ask questions of the presenters.

**\*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.**