

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

Moravian College  
Concepts of Fitness/Wellness  
Wednesday, Period 5b, 12:50-2:00 PM  
Johnston Hall Classroom 138  
Spring 2009

## **Instructor:**

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Department of Athletics and Physical Education  
Office Hours 9:30AM-3:00PM Monday-Friday

## **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; Welk, Gregory and Karen (2008). Concepts of Fitness and Wellness (8<sup>th</sup> ed.), New York: 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.
5. 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.
6. It is within the instructor's purview to apply qualitative judgment in determining grades for an assignment or for the course.

### **Method of Evaluation:**

1. 35% class participation/attendance
2. 25% papers
3. 15% lab activities
4. 15% oral reports/projects
5. 10% quizzes

### **Schedule (subject to change):**

Week 1 Introduction (January 21): Course overview; Oral Report assignments, Healthy Lifestyle Questionnaire, Concepts 1 & 2, Lab 1A

Week 2 (January 28): Concept 14 & 15, Labs 14A&B, 15A

Week 3 (February 4): Concepts 16& 17, Labs 16A&B, 17 A, B, C, D

Week 4 (February 11): Concepts 18, 19, & 20, Labs 18A, 19A&B, 20A

Week 5 (February 18): Concepts 21, Labs 21A

Week 6 (February 25): Concepts 22, Labs 22A&B

Week 7 (March 4): SPRING BREAK!

Week 8 (March 11): Wellness Paper Due

Week 9 (March 18): Fitness Assessment, Concepts 2, Labs 2A, and Dress for Activity

Week 10 (March 25): Concepts 3, 4, & 5, Labs 3A, 3B, 4A, 5A

Week 11 (April 1): Concepts 6 & 7, Labs 6A, 7A

Week 12 (April 8): Concepts 8 & 9, Labs CD ROM Target Heart Rate, Fitness Planner Lab 8A

Week 13 (April 15): Concepts 10 & 11, Labs all lab work to be done in class

Week 14 (April 22): Concepts 12 & 13,

Week 15 (April 29): Fitness Plan due, teacher evaluations

### **ORAL REPORTS**

Directions: Oral reports will be done in groups of two or three people. Reports should be 10 minutes in length and discussion should follow lasting 10 minutes. There must be some sort of visual aid (on computer, poster, board, or handout). Reports will be given on or near the day of the Concepts that they correspond to.

### **SUGGESTED TOPICS**

Success rate of popular diet systems: Weight Watchers/Nutri Systems, etc.

“Tech” fitness (tv workouts, dvds of pilates, bun burner, etc. Wii fit)

Cancer fighting foods, lifetime sports, strength training, yoga, effect of video gaming on childhood obesity, healthy fast foods (?), mental health, cholesterol, etc. Feel free to suggest other ideas.