

Syllabus for PE 107.2 J Concepts of Fitness and Wellness

Moravian College

Concepts of Fitness and Wellness, PE 107.2

Friday 8:50-10:00am

Johnston Hall Classroom

Spring 2008

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Office: Athletic Training Room, Johnston Hall

Office Hours: 9:30am-3:00pm

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. These skills are based on personal needs, and will promote a lifetime of health, fitness, and wellness. Rather than tell the student what to do, this course is designed provide the student with information to become a good problem solver/decision maker and will teach the student to make informed choices about his or her lifestyle.

REQUIRED TEXTBOOK:

Corbin, Charles & William, Lindsey, R., and Welk, G. (2004). Concepts of Fitness and Wellness (8th ed.), Boston: McGraw-Hill

CLASS REQUIREMENTS:

1. Class attendance and lab work are required. Attendance will be taken at each class. Students need to develop an alternate plan with the instructor in the event of an illness, prior to the absence if possible, or immediately following the class session missed.
2. Preparation for each class is an expectation.
3. Active participation is an expectation.
4. Plagiarism is unacceptable.

METHOD OF EVALUATION:

1. 30% Class participation/attendance
2. 25% Paper
3. 15% Lab activities
4. 10% Quizzes/tests
5. 20% Oral report/project
6. On-going extra-credit: Current weekly articles from newspaper/magazines/TV news programs on Fitness/Wellness topics

SCHEDULE:

- Jan. 23:** Introduction – Instructors Goals/Students Goals
Overview of Class Syllabus
Concept 1: Health, Wellness, Fitness, and Healthy Lifestyles: An Introduction
Lab: Assessment of Current Health
Assignment: Projects
- Jan 30:** **Concept 14:** Nutrition
Concept 15: Managing Diet and Activity for Healthy Body Fatness
Activity: Nutrition IQ test
Lab15B: Evaluating Fast-Food Options
Assignment: Super Bowl Commercials
- Feb 6:** **Concept 16:** Stress and Health
Concept 17: Stress Management, Relaxation, and Time Management
Lab16B: Evaluating Your Hardiness and Locus of Control
Project
- Feb 13:** **Concept 18:** The Use and Abuse of Tobacco
Concept 19: The Use and Abuse of Alcohol
Lab18A: Use and Abuse of Tobacco
Assignment: Lab19A: Blood Alcohol Level
Activity: Goggles
Project
- Feb 20:** **Concept 20:** The Use and Abuse of Other Drugs
Concept 21: Preventing Sexually Transmitted Diseases
Lab 20A: Use and Abuse of Other Drugs
Project
- Feb 27:** **Concept 22:** Cancer, Diabetes, and Other Health Threats
Concept 23: Becoming an Informed Consumer
Lab 23A: Evaluating Products
Project
- March 6:** **No Class – Spring Break – Enjoy!**
- March 13:** Paper Due
Quiz # 1

- March 20:** **Concept 13:** Body Composition
Concept 3: Preparing for Physical Activity
Concept 4: The Health Benefits of Physical Activity
Concept 5: How Much Physical Activity is Enough?
Lab: Determining personal body fat
- March 27:** **Concept 6:** Moderate Physical Activity
Activity Lab 3A: Readiness for Physical Activity
Project
- April 3:** **Concept 9:** Flexibility
Activity: Stretching Routines
Lab 9A: Evaluating Flexibility
Project
- April 10:** **Concept 7:** Cardiovascular Fitness
Activity: Timed Mile
Lab7B: Evaluating Cardiovascular Fitness
Project
- April 17:** **Concept 10:** Muscular Fitness and Resistance Exercises
Activity: Weight Room
Project
- April 24:** **Concept 8:** Active Aerobics, Sports, and Recreational Activities
Concept 11: Body Mechanics
Test Review
- May 1:** Paper Due
Quiz # 2
Course Evaluations