

Syllabus for PE 107.2, Concepts of Fitness and Wellness

Moravian College
Concepts of Fitness and Wellness, PE 107.2 A
Monday 7:30 – 8:40am
Johnston Hall Classroom 138
Fall 2009

Faculty: Lorrie Radcliff
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Office hours: LR: 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 positive choices about his or her lifestyle.

Required Textbook:

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

Course Requirements:

1. Class attendance and lab work is required: Missed classes and late lab assignments will result in a grade drop
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:

You are required to read the entire Academic Honesty Policy, found in the Student Handbook. In short, you need to know that cheating and plagiarism will not be tolerated. Plagiarism is the misrepresentation of someone else's work as your own. This includes such instances as quoting directly from a published work without giving the author credit (i.e. proper citation), inserting the author's words as your own, using or "borrowing" another student's work, buying a paper from a professional service, etc. It is your responsibility to be familiar with what constitutes plagiarism and, in the event of uncertainty, to ask in a constructive manner about an assignment in question before it is due in a final version. You are also required to keep all note cards and rough drafts on papers and assignments until given a final grade for that course. Evidence of plagiarism and cheating will be dealt with in accordance with the college policy on academic honesty found in the Student Handbook. In the event of a suspected infraction – in fairness to your peers and the standards of the college – it is my job to send the materials in question to the Academic Affairs Office. You may meet with Dean Carol Traupman-Carr to discuss the charge and the procedures for

appealing, but she alone does not make a decision on whether or not to uphold the charge or the penalty.

Method of Evaluation:

Although we recognize that you are taking this course on top of four other full-unit classes, it is important that you take your coursework here seriously. Concepts of Fitness and Wellness should easily be “passable,” but it is not possible to pass the class simply by showing up. You must attend all classes and be an ACTIVE participant.

1. 30% papers (2)	50 points each
2. 25% class participation/attendance	100 pts: 10 pts each class
3. 20% oral report/project	25 pts
4. 15% lab work	75 pts
5. 10% quizzes (2)	

CLASS NOTES:

- 1. Please note that it within the instructor’s purview to apply qualitative judgment in determining grades for any assignments and for the course final grade.**
- 2. Please also note while I will try to hold to the flow of the syllabus it is subject to change over the course of the semester.**
- 3. Papers must be a minimum of two pages and must include personal assessments: papers must be formatted correctly and grammatically correct; paper will be dropped one letter grade if not turned in on assigned due date; more detailed information will be given prior to the due date**
- 4. 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.**
- 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.**

Schedule

Aug 31:	<p>Introductions: Concept 1: Lifestyle for Health, Wellness, and Fitness What is Physical Fitness/ Wellness pg 6-9 Fitness and Wellness Assessment</p>
Sept 7:	No Class
Sept 14:	<p>Concept #1 Self- Management and Self-Planning Skills for Health Behavior Change <i>Activity: Group Activity: Intro to Walking Planning Program 8B</i></p>
Sept 21:	<p><i>Section 2: Introduction to Physical Activity Activity: Needs Assessments Labs Stations</i></p>
Sept 28:	<p>Concept 5: How Much Physical Activity Is Enough & Concept 7 Cardiovascular Fitness HHR/RPE <i>Activity: Group Activity Circuit Training/Handout lab</i></p>
Oct 5:	<p>Concept10: Muscular Strength and Endurance <i>Activity: Weight Room</i></p>
Oct 12	No Class
Oct 19	<p><i>Fitness Paper DUE</i> Concept 1: What is Wellness pg 4-6 <i>Activity: Real Age/ Meteor Situation</i></p>
Oct 26:	<p>Concept 16 Stress and Health <i>Activity: Group Work</i></p>
Nov 2:	<p>Concept 17: Stress Management, Relaxation, and Time Management <i>Activity: Yoga WII</i></p>
Nov 9:	<p>Concept 14 Nutrition <i>Activity: SuperSize Me Homework: Lab14A/ Energy Expenditure Handout</i></p>
Nov 16	<p>Concept 15 Managing Diet and Activity for Healthy Body Weight <i>Activity: Nutrition Survivor</i></p>
Nov 23	
Nov 30:	<p>Wellness Papers DUE Concept 19 The Use and Abuse of Alcohol <i>Activity: Card Party Beer Google Obstacle Course</i></p>
Dec 7:	Class Evaluations

Fitness Paper Requirements

- Υ Paper can be turned in up until Oct 19@ 9pm (any time after class time it must be emailed)
- Υ Minimum of 350 words
- Υ Must be Typed; must be grammatically correct
- Υ Use Lab 26B&C as a guide

Introduction: Explain and apply the 5 component of fitness to your current fitness level.

Body: Design of the fitness program

1. Identify Need
 - a. Assess your current level
 1. Needs Assessment Handout
 2. Lab activities- Assessing Cardiovascular, Muscular Fitness and Flexibility
2. Set a *specific behavioral goal* for a fitness program.
3. Exercise Prescription: Define parameters
 - a. Mode
 - b. Frequency
 - c. Intensity
 - d. Time
4. Exercise Program(must be in chart form)
 - a. Warm-up and stretching
 - b. Strength Training
 - c. Cardio
 - d. Cool- down and Stretching

Conclusion: What is your motivation for sticking to your plan?

Personal Wellness Plan

Guidelines for Written Concept Paper

- Paper due Nov 30 Papers are needed to pass class
- Minimum Length: 2 pages Can be emailed

Using www.realage.com, or <http://www.sonnyradio.com/realage3.swf> find your real age by answering a series of lifestyle questions. Real age.com only goes to the year 1989, so if you are born after then you need to use sonnyradio.com. Your results from realage.com will be emailed to you in about an hour or two. With Sonnyradio.com you will be able to get your results immediately. Print out the results and attach the results to your paper.

Introduction

In the introduction of the paper, I want you to discuss a risk- lowering choices that you have incorporated into your lifestyle using the real age results. Also include your personal attitudes and belief underlying your present behavior.

Body

Identify a wellness habit/topic (**does not include fitness/ exercise**) which will have the most impact on improving your overall health. This wellness topic can be improving your nutrition, limiting stress, to a broad scope of helping with homelessness. I want you to develop a plan (Chapter 2) that will help you move from the contemplation stage to the action stage. (Concept 2 and 24 will help you with this action plan).

Conclusion

Incorporate skills which you will use to help you maintain your behavior/habit.

Oral Report/ Group Project Requirements
"How To" Projects

- Υ Group presentations are worth 20 points
- Υ Length of presentation is 20 minutes and time should be divided equally between each member.
- Υ Outline and Bibliography must be turned in the day of the presentation.
- Υ If you need supplies or another location beside the class room, you need to let the instructor know ahead of time. Do not let the instructor know the day of the class.

- Υ **Explanation of "How To" Project:**
 1. Identify a fitness or wellness activity that your group will be able to Teach/demonstrate to the rest of the class.
 2. In your presentation you will need to include:
 - I. A brief history of the activity
 - II. Health/ Wellness Benefits of the activity
 Example question: How is it beneficial to the aerobic system of the body?
 How many calories do you burn performing this activity?
 Which wellness domain does the activity apply to?
 - III. Instruct the class in the activity
 - IV. Bibliography- 3 sources; 1 includes the book.
- Υ Grade: Your grade will be based on the following point system
 - I. History-5 points
 - II. Health/ Wellness benefits 5pts
 - III. Instruction/class participation 10pts

Sample Fitness and Wellness Topics

Yoga	Core Strengthening
Mediation	Art- drawing/ painting
Aerobic	Hiking
Weight Training	Cooking/baking in the dorms
How to buy proper running shoes	First Aid and Safety
Jump Rope	Cancer Prevention
Dancing	Photography
Ballet	Fishing
Singing	Playing a musical Instrument
Violence Prevention	Be an Informed Consumer
Stability Ball	Arthritis
Help a friend with a drug or alcohol problem	Ultimate Frisbee
Recycling	Heart Disease Prevention
Shopping	Food Guide Pyramid
STD's prevention	Diabetes