

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

Moravian College  
Concepts of Fitness  
Tuesday, Period 1:10-2:20  
Johnston Hall Classroom 138  
Fall, 2009

**Faculty:** Kathleen Miller: 610-861-7850/ mekpm01@moravian.edu  
Department of Athletics & Physical Education  
Office hours: Monday/Wednesday 10am to 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 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: 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:**

Grading policies and workload expectations are standardized across Concepts sections in order to ensure fairness. 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)
2. 25% class participation/attendance
3. 20% oral report/project
4. 15% lab work
5. 10% quizzes (2)

### **Schedule:**

Introduction (Sept. 1): Course overview; Oral Report assignments, Concepts 1 & 2 Labs

Week 2 (Sept. 8): Concepts 3, 4, & 5, Labs 3C, 4A

\*Week 3 (Sept. 15): Concepts 6 & 7, Lab 7A

Week 4 (Sept. 22): Fitness Plan

\*Week 5 (Sept. 29): Concepts 8 & 9, Flexibility Lab 8B

\*Week 6 (Oct. 6): Concepts 10 & 11, Labs 11A&11B **Oral Reports**; Strength Training: Larry, Ryan S.

Week 7 (Oct. 13): Fall Break

Week 8 (Oct. 20): Fitness Plan due; mid-term grades **Oral Reports**; Lifetime Sports- Ethan & Kristin

Week 9 (Oct.27): Wellness Assessment, decision-making Guest Speaker

Week 10 (Nov. 3): Concept 13, 14, 15 Labs 13B, 13C, 14A, 14B, 15A **Oral Reports**; Nutrition: Meghan & Becca

Week 11(Nov. 10): Concepts 16 & 17, Labs 16 A and B **Oral Reports**; Mental Illness: Katie, Katie, Leah

Week 12 (Nov. 17): Concepts 18 & 19, Labs 19A, 19B **Oral Reports**; Tobacco: Travis, Will & Lindsay; Alcohol Abuse: Bryan, Ryan Y. & Rocco

Week 13 (Nov. 24): Concepts 20, 21, & 22, Labs 20A, 21A, 22A **Oral Reports**; Cancer: Amy & Mike; Drug Abuse: Shannon & Sam

Week 14 (Dec. 1): **Oral Reports**; Diabetes: Chris & Nate; STDs: Carl & Alex

Week 15 (Dec. 8): Personal Wellness statement due

**\*Must** wear athletic gear to participate in physical activity