

Moravian College

Syllabus for PE 107.2H, Concepts of Fitness and Wellness

Concepts of Fitness and Wellness, PE 107.2H
Fridays, Period 3b > 10:20 – 11:30 am
Johnston Hall Classroom 8
Fall 2009

Faculty: Paul Engelhardt
Department of Athletics

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Office hours: Monday, Wednesday, Friday > 10:00 am to 1:00 pm (or by appointment)

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, Lindsey, R, and Welk, G. (2006). Concepts of Fitness and Wellness (8th Ed.), Boston:McGraw-Hill
Interactive CD-ROM: Health Quest 4.2

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. Missed classes and late work will effect grading.
2. Preparation for each class is an expectation: Must wear appropriate clothing and sneakers to each class. Alternative or additional assignments may be required at the discretion of the instructor. These may or may not include graded work.
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. Understand and be aware of the Academic Honesty Policy which can be read in the Student Handbook. Plagiarism will be dealt with by the Academic Affairs Office accordingly. You should keep all notes, drafts, or other related materials pertaining to your papers until given a final grade.

Method of Evaluation:

1. 30% papers (2)
2. 25% class participation/attendance
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. Initial fitness self evaluation/physical test.

Week 3: Concepts 6 & 7, Labs

Week 4: Concepts 8 & 9, Labs

Week 5: Concepts 10 & 11, Labs

Week 6: Concepts 12 & 13, Labs

Week 7: **Personal Fitness paper due 10/10**

Week 8: Wellness Assessment

Week 9: Concept 15, Labs

Week 10: Concepts 16 & 17, Labs

Week 11: Concepts 18 & 19, Labs

Week 12: Concepts 20, 21, & 22, Labs

Week 13: Concepts 23, Labs

Week 14: Concepts 24 & 25, Labs

Week 15: **Personal Wellness paper due 12/5**

Note: Speakers & videos will also be part of class

Paper must be a minimum of two pages and must include personal assessments:

More detailed information will be given in a separate hand-out. Papers will be graded on content, knowledge of subject, and grammar. Grades will be dropped for any paper(s) handed in past the due date.

Oral Report—Students will be 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 20 minutes. Class will evaluate the presentation and ask questions of the presenters.