

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

Moravian College  
Concepts of Fitness  
Tuesday, Period 3b, 10:20-11:30 AM  
Johnston Hall Classroom 138  
Fall, 2010

**Faculty:** Associate Professor: Mary Beth Spirk: 610-861-1424/ spirkm@moravian.edu  
Adjunct Faculty: Lorrie Radcliff, 610-625-7005/ lradcliff@moravian.edu  
Department of Athletics & Physical Education  
Office hours: MBS: Monday – Thursday, 9am to 3pm;  
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 choices about his or her lifestyle.

### **Required Textbook:**

Corbin, Charles and William; 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 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:** Group projects may be assigned where the group is responsible for all the activities and results.

**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)	90pts total: 45 pts each
2. 25% class participation/attendance	140 pts: 10 pts each class
3. 20% oral report/project	40 pts
4. 15% lab work	100 pts: 10 pts each
5. 10% quizzes (2)	30 pts: 15 pts each

**Point Value Conversion Chart**

380+ = A  
360 – 379 = A –  
350 – 359 = B+  
340 – 349 = B  
320 – 339 = B –  
310 – 319 = C+  
300 – 309 = C  
280 – 299 = C –  
270 – 279 = D+  
260 – 269 = D  
240 – 259 = D –  
Less than 240 = F

**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. Please turn off cell phones. If a cell phone is seen being used in class; you will be deducted 5 points from your class participation and attendance points.**

4. 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

5. 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.

6. 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:**

Introduction (Aug. 31): Course overview; Oral Report assignments; Concepts 1 & 2

Week 2 (Sept. 7): Lab 1B, dress for activity.

Week 3 (Sept. 14): Concepts 3, 4, & 5; Labs 3A, 4A, 5A

Week 4 (Sept. 21): Concepts 6 & 7; Labs 6A & 7A

Week 5 (Sept. 28): Concepts 8 & 9; Lab 8A; dress for activity

Week 6 (Oct. 5): Concepts 10 & 11; Labs 10A & 11B; preliminary grades given on request; Fitness Center option

Week 7 (Oct. 12): Fall Break – off

Week 8: (Oct. 19): Concepts 12 & 13; **Fitness Plan due**; mid-term grades

Week 9 (Oct. 26): Wellness Assessment, decision-making

Week 10 (Nov. 2): Concept 15; Labs

Week 11 (Nov. 9): Concepts 16 & 17; Labs

Week 12 (Nov. 17): Concepts 18 & 19; Labs

Week 13 (Nov. 23): Concepts 20, 21, & 22; Labs

Week 14 (Nov. 30): Concept 23, Labs; Oral reports finished

Week 15 (Dec. 7): Concepts 24 & 26; Labs; **Personal Wellness Paper due**

#### **Fitness Paper Requirements**

☞ Paper can be turned in up until Oct 19 during class time (any time after class time it must be emailed and you will be deducted 10 points)

☞ Minimum of two pages; can be emailed

☞ Must be Typed; must be grammatically correct

☞ 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
  - a. Warm-up and stretching
  - b. Strength Training
  - c. Cardio
  - d. Cool- down and Stretching

**Conclusion:** How are you going to motivate yourself to start and finish your fitness program?

## **Personal Wellness Plan**

### **Guidelines for Written Concept Paper**

- Y Paper can be turned in up until Dec 7 during class time (any time after class time it must be emailed and you will be deducted 10 points)
- Y Minimum of two pages
- Y Must be Typed; must be grammatically correct
- Y Can be emailed

Using <http://www.sonnyradio.com/realage.html> find your real age by answering a series of lifestyle questions. 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*

- Y Group presentations are worth 40 points
- Y Length of presentation is 20 minutes and time should be divided equally between each member.
- Y Outline and Bibliography must be turned in the day of the presentation.
- Y 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.
- Y **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.
- Y Grade: Your grade will be based on the following point system
  - I. History- 10 points
  - II. Health/ Wellness benefits 15pts
  - III. Instruction/class participation 15pts

### *Sample Fitness and Wellness Topics*

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