

Syllabus for PE 107.2, Concepts of Fitness and Wellness

Moravian College
Concepts of Fitness and Wellness, PE 107.2
Wednesdays, Period 3b-10:20-11:30 am
Johnston Hall Classroom 138
Fall, 2010

Faculty: Dawn Kettermann-Benner, Professor
Department of Physical Education
610-861-1530/ medmk01@moravian.edu for messages
Office hours: Mondays and Thursdays, 11 a.m. to 2 p.m.

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:

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)	60 points each
2. 25% class participation/attendance	112 points (includes bonus points)
3. 20% oral report/project	80 points
4. 15% lab work	10 points per lab
5. 10% quizzes (2)	20 points 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

***Schedule:**

Week 1: Course overview, Healthy Lifestyle Questionnaire, Concepts 1 & 2 and Labs
Week 2: Concepts 3, 4, & 5, Labs
Week 3: Concepts 6 & 7, Labs
Week 4: Concepts 6 & 7 continued
Week 5: Concepts 8 & 9, Labs
Week 6: Concepts 10 & 11, Labs
Week 7: ***Personal Fitness Plan /Lab 24 C**
Week 8: Concept 13, Labs
Week 9: Concept 14 & 15, Labs
Week 10: Concepts 14 & 15 continued
Week 11: Concepts 16 & 17, Labs
Week 12: Concepts 18, 19, & 20, Labs
Week 13: Concept 21, Labs
Week 14: Concepts 22 & 23 Labs
Week 15: ***Personal Wellness paper/Concept 24 and Lab 24 B**

***CLASS NOTES:**

1. Please note that it is 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 both formatted properly 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 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 presentation and ask questions of the presenters
5. Cell phones must be turned off--cell phone use and texting during class are prohibited

***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.