

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

Moravian College  
Concepts of Fitness & Wellness  
Friday: Period 3B 10:20-11:30 AM  
Johnston Hall Classroom 8  
Fall, 2010

Faculty: Jim Walker, Professor  
Department of Athletics & Physical Education  
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Office hours: On most days from 9AM-4PM. Call first. 248 W. Greenwich Street

## **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. (2008). Concepts of Fitness and Wellness (8<sup>th</sup> ed.), Boston:McGraw-Hill  
Interactive CD-ROM: HealthQuest 4.2

## **Course Requirements:**

1. Class attendance, lab work, answers to research questions, and an active fitness plan are 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.
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.
5. 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: A Point system that will equal the following percentages.

1. 25% class participation/attendance
2. 30% papers
3. 20% Oral Report
4. 15% lab activities
5. 10% quizzes (2 @5% each)

Schedule:

Introduction (Sept. 3): Course overview; Fitness Assessment  
Week 1 (Sept. 10): Concepts 1 & 2, Labs Fitness Assessment  
Week 2 (Sept. 17): Concepts 3, 4, & 5, Labs; Fitness Assessment  
Week 3 (Sept. 24): Concepts 6 & 7, Labs; Fitness Plan  
Week 4 (Sept. 31): Concepts 8 & 9, Labs; Fitness Plan  
Week 5 (Oct 8): Concepts 10 & 11, Labs; Fitness Plan  
Week 6 (Oct. 15): Concepts 12 & 13, Labs;  
Weeks 7-14 (October 22-December 3): Wellness Classes start.

## **FITNESS PLANS**

Due: Outline of Plan 10/1 Rough Copy 10/8 Final Copy 10/15

Length: 2/3 Pages

Format: Plan format will be given to you in class on 9/24

Personal: The plan must be for **YOU!** and based on the entire class. You have already started it. It must be a comprehensive plan for now and for your future.

## **ORAL REPORTS**

### **POSSIBLE TOPICS**

#### **FITNESS**

*HIKING*

*ROLLER BLADING*

*PYLOMETRICS*

*WALKING*

*AEROBICS*

*SWIMMING*

*BIKING*

*CALESTHETICS*

*JAZZERCISE*

*DANCE*

*MARTIAL ARTS*

*GYMNASTICS*

*AQUAROBICS*

*JOGGING/RUNNING*

*YOGA*

*JUDO*

*AGILITIES*

*ROCK/MOUNTAIN CLIMBING*

*FLEXIBILITY*

*PILATES*

***OTHER TOPICS OF CHOICE WILL BE CONSIDERED***

## **ORAL REPORT DIRECTIONS**

1. Oral reports presented either individually or in pairs.
2. 15-20 minutes in length.
3. Visual aids must be used-posters, handouts, power point, etc.
4. Presentations will be assigned by Sept 10.
5. Use the text & two other sources that must be listed on the board or in the materials presented.
6. Peer evaluations will be done by the other students.
7. Involve the class in the activity as much as possible.
8. The class will ask questions at the conclusion.

### **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 we will try to hold to the flow of the syllabus it is subject to change over the course of the semester.
3. The **quizzes** will be on readings in the text and will be unannounced.
4. **Lab work and fitness articles** will be turned in on the due dates announced in class by the professor. Grades will be lowered for work turned in late.
5. **Attendance and class participation** will be factored into your grade. Attendance at and involvement in all classes is expected. Written excuses for illness or other excused absences must be given to the professor.
  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