

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

Moravian College  
Concepts of Fitness and Wellness, PE 107.2 B  
Tuesdays, Period 2b-8:55-10:05am  
Johnston Hall Classroom 138  
Spring 2011

Faculty: Amy Endler, Johnston Hall 135  
Department of Physical Education  
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Office hours: Monday-Wednesday 10am-12pm

### **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 (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)

### **\*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 30 minutes. Class will evaluate presentation and ask questions of the presenters.

**\*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:**

January 18<sup>th</sup>: Course overview, Healthy Lifestyle Questionnaire, Concept 1, assign oral report topics, Lab 1A  
January 25<sup>th</sup>: Concept 2 Self-Management and Self-Planning Skills, Labs 2A and 2B  
February 1<sup>st</sup>: Concepts 14 and 15 Nutrition, Managing Diet  
February 8<sup>th</sup>: Concept 16 Stress and Health  
February 15<sup>th</sup>: Concept 17 Stress Management, Relaxation and Time Management  
February 22<sup>nd</sup>: Concepts 18 & 19 Use and abuse of Tobacco and Alcohol  
March 1<sup>st</sup>: **\*Personal Wellness Paper Due**  
March 8<sup>th</sup>: No Class SPRING BREAK!!  
March 15<sup>th</sup>: Concepts 3 & 4 Readiness for Physical Activity and Benefits of Physical Activity  
March 22<sup>nd</sup>: Concept 5 How Much Physical Activity is Enough?  
March 29<sup>th</sup>: Concept 7 Cardiovascular Fitness, Calculating Heart Rate, Mile run/walk at the track  
April 5<sup>th</sup>: Wellness Fair Assessments  
April 12<sup>th</sup>: Concepts 9 and 10 Flexibility and Muscle Fitness  
April 19<sup>th</sup>: Concepts 11 & 12 Body Mechanics and Performance Benefits of Physical Activity  
April 26<sup>th</sup>: **\*Personal Fitness Paper Due**

### **Wellness Paper Requirements**

- Paper can be turned in up until **March 1st** during class time (any time after class time 10 points will be deducted)
- Minimum of two pages
- Must be Typed; must be grammatically correct
- Wellness is defined as the integration of many different components (mental, social, emotional, spiritual, and physical) that expand one's potential to live and work effectively and to make a significant contribution to society. This paper should be about you.

Write a lifestyle plan on how you are going to change/improve one component (physical, social, emotional, intellectual, Spiritual) of your wellness. In your introduction, explain how wellness affects your lifestyle and briefly assess your current wellness level by reviewing the Wellness labs you completed and topics presented in class (i.e. nutrition, stress, use and abuse of alcohol, tobacco, and drugs, std's, cancer, and diabetes.) Examine your labs, family history, and lifestyle risk behaviors that affect this component. Explain how positive and negative factors may affect how you choose to improve upon this component of wellness. Set a goal for yourself and develop a lifestyle plan on how you are going to accomplish your goal.

### **Fitness Paper Requirements**

- Paper can be turned in up until **April 26<sup>th</sup>** during class time (any time after class time 10 points will be deducted)
- Minimum of two written pages plus the chart.
- Must be Typed; must be grammatically correct
- Use Lab 24C as a guide
- In the paper explain and apply the 5 components of fitness to your current fitness level. Identify **your** needs, set specific behavioral goals, define your parameters (Mode, Frequency, Intensity and Time), and draw up an exercise program (in chart form). Use the concepts and labs we will go over to implement a new fitness plan that is realistic for you. This plan should be all about you doing what you are comfortable with and something that you will stick with for a long time.

### **Oral Report/ Group Project Requirements**

- Presentation should be no less than 15 minutes and time should be divided equally between each member of the group.
- 3 sources must be used, 1 may be your textbook.
- Outline and Bibliography must be turned in the day of the presentation.
- 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.
- Explanation of Oral Report/Group Project:
  - Identify a fitness or wellness activity that your group will be able to teach/demonstrate to the rest of the class. Your presentation should include a brief history of the activity, the health/wellness/fitness benefits of the activity, and instruct the class in the activity.
- Sample topics for Oral Report/Group Project: yoga, aerobics, weight training, dancing, core strengthening, lifetime sports, stress management, heart disease prevention, first aid and safety, food guide pyramid, diabetes prevention, STD's prevention, arthritis, cancer prevention, or another topic approved by the instructor.