

Syllabus for PE 107.2 E Concepts of Fitness and Wellness

Moravian College

Concepts of Fitness/Wellness

Wednesdays, Period 5b, 1:10-2:20pm

Johnston Hall Classroom 138

Spring 2011

Instructor:

Shelley Bauder

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Department of Athletics and Physical Education

Office Hours 10:00AM-3:00PM Monday-Friday

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 (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. 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 15 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 (subject to change):

Week 1 (January 19): Introduction Course overview; Oral Report assignments, Healthy Lifestyle Questionnaire, Concepts 1, Lab 1A

Week 2 (January 26): Concept 14 & 15, Labs 14A&B, 15A

Week 3 (February 2): Concepts 16 & 17, Labs 16A&B, 17 A, B, C, D

Week 4 (February 9): Concepts 18, 19, & 20, Labs 18A, 19A&B, 20A

Week 5 (February 16): Concepts 21, Labs 21A

Week 6 (February 23): Concepts 22, Labs 22A&B

Week 7 (March 2): **Personal Wellness Paper Due**

Week 8 (March 9): No Class - SPRING BREAK!

Week 9 (March 16): Fitness Assessment, Concepts 2, Labs 2A, and Dress for Activity

Week 10 (March 23): Concepts 3, 4, & 5, Labs 3A, 3B, 4A, 5A

Week 11 (March 30): Concepts 6 & 7, Labs 6A, 7A Mile run/walk at track

Week 12 (April 6): Concepts 8 & 9, Labs CD ROM Target Heart Rate, Fitness Planner Lab 8A

Week 13 (April 13): Concepts 10 & 11, Labs all lab work to be done in class

Week 14 (April 20): Concepts 12 & 13,

Week 15 (April 27): **Personal Fitness Paper due, course evaluations**

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 me know ahead of time!
- There must be some sort of visual aid (on computer, poster, board, or handout).
- 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.

Suggested topics for Oral Report/Group Project: Success rate of popular diet systems: Weight Watchers/Nutri Systems, etc. “Tech” fitness (tv workouts, dvds of pilates, bun burner, etc. Wii fit), Cancer fighting foods, lifetime sports, strength training, yoga, effect of video gaming on childhood obesity, healthy fast foods (?), mental health, cholesterol, how to have fun in college without drinking, etc. Feel free to suggest other ideas.

Wellness Paper Requirements

- Paper can be turned in up until **March 2nd** during class time (any time after class time 10 points will be deducted)
- Minimum of two pages double spaced
- Must be typed and 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 of your wellness. Choose the one that will have the most impact in improving your overall health. 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, 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 wellness component. 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 27th** during class time (any time after class time 10 points will be deducted)
- Minimum of two written pages plus the chart/calendar.
- Must be typed and 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). In your introduction, explain what your fitness level is and what kind of workout you are doing now (if any). Use the concepts and labs from the book to design a new fitness plan that is realistic for you. This plan should incorporate activities that are practical for you and that are comfortable for you to carry out. It’s also critical to design your plan in a way that you will be motivated to implement it now and in the long term. The chart or calendar included should describe your plan in detail (your days/times/reps/exercises/distances etc.).