

Syllabus for PE 107.2, Concepts of Fitness and Wellness

Moravian College
Concepts of Fitness and Wellness
Tuesday and Thursday, Period 3b, 10:20am-11:30am
Johnston Hall, Classroom 102
Spring 2015: January 19-March 6

Instructor: Coach Sara Steinman
Department of Athletics & Physical Education
Phone: 610-625-7762
Email: steinmans@moravian.edu
Office: Johnston Hall, Room # 160
Office Hours: Tuesdays & Thursdays 11:30am-12:30pm, Wednesdays 1-3pm, by appointment

Course Objectives

Concepts of Fitness and Wellness 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.

Course Requirements

1. **Class attendance 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 all class sessions.
4. **Physical activity is required:** Must be prepared for physical activity (active wear and sneakers are mandatory for participation).
5. **Plagiarism is unacceptable:** Group projects may be assigned where the group is responsible for all the activities and results.

You are 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 the 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 penalty.

Method of Evaluation

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. Fitness Plan Paper – 20%	80 points
2. Wellness Movie Reflection Paper – 20%	80 points
3. Weekly Assignments – 15%	60 points
4. Group Project – 20%	80 points
5. Attendance/Class Participation – 25%	100 points

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 +
240-259	= D –
Less than 240	= F

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.

CLASS NOTES:

1. Please be prepared for all classes. **Every Thursday** we will be doing fitness activities so proper attire (t-shirt, athletic shorts/pants, and sneakers) are required.
2. A large majority of this course relies on active participation, both in the classroom and during fitness activities.
3. Please turn off cell phones. If a cell phone is being used in class for personal use, you will be deducted 5 points from your class participation.
4. Students who wish to request accommodations in this class for a disability should contact Elaine Mara, assistant director of learning services for academic and disability support in the lower level of Monocacy Hall, or by calling [610-861-1401](tel:610-861-1401). Accommodations cannot be provided until authorization is received from the Academic Support Center.

Course Schedule

Jan 20	Course Overview, Healthy Lifestyle
Jan 22	Fitness Components Introduction - Fitness Center
Jan 27	Nutrition
Jan 29	Cardiovascular Endurance - ARC
Feb 3	Nutrition (cont'd)
Feb 5	Muscular Strength/Endurance - Fitness Center, PSA Topic Due
Feb 10	Stress/Anxiety, Fitness Plan Paper Due
Feb 12	Flexibility - Yoga, Wellness Paper movie approval Due
Feb 17	Alcohol/Drug/Tobacco Use
Feb 19	Lifetime activities - ARC
Feb 24	Body Image
Feb 26	Fitness Center
Mar 3	Group Presentations
Mar 5	Fitness Center, Final Papers Due

ASSIGNMENTS

1) **Fitness Plan Paper (20% of final grade)**

- DUE: **Tuesday, February 10th** (papers received after this date will be subject to a 10 point reduction for each day it is late)
- Must be typed: double-spaced, 1" margins, Times New Roman, font size 12
- Minimum of two pages; **plus** chart/calendar
- Please make sure paper is grammatically correct
- Guidelines:

Introduction—Explain and apply the 5 components of fitness to your current fitness level

Body—Design of the fitness program

- 1) Set a specific behavioral goal for fitness program
- 2) Identify Needs
 - a. Assess your current level
- 3) Define Parameters of Fitness Plan
 - a. Frequency
 - b. Mode
 - c. Intensity
 - d. Time
- 4) Exercise Program
 - a. Warm-up
 - b. Strength Training/Activity
 - c. Cardio
 - d. Cool-Down/Stretching

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

2) Wellness Paper – Movie Reflection (20% of final grade)

- DUE: **Thursday, March 5th** (papers received after this date will be subject to a 10 point deduction for each day it is late)
- Must be double-spaced, 1” margins, Times New Roman (or similar), font size 12
- Minimum of three pages
- Please make sure the paper is grammatically correct
- All papers should be cited properly according to APA format (*at least* 4 sources)
- Purpose of paper:
 - 1) React to the film
 - 2) Research the topic discussed in film
 - 3) Relate the film and topic to our present society
- Guidelines:
 - Watch a movie that touches on a health, wellness, or lifestyle topic (examples are listed below. You are not limited to this list but if you choose a movie not listed, it must be approved by the instructor. Get approval by **Thur., 2/12**).

Introduction – Summarize the movie you watched. Introduce the wellness topic that was highlighted in the film.

Body – Research the health topic discussed in the film.

- a) Give a clear overview/define your topic – State your topic clearly and then break the concept down into parts and explain in detail.
- b) Focus on one aspect of your topic – Narrow your topic to something specific and elaborate on this area. Give your paper a clear direction.
Ex: If your topic is alcohol use, this is too broad to write about. Narrow the topic down to something relevant or interesting to you (i.e. alcohol abuse on college campuses).
- c) What impact does your topic have on the health & wellness of our society?

Conclusion – Discuss how your movie compares to our society. How accurately is your topic portrayed in the film?

Topic Ideas

Philadelphia (AIDS)	50/50 (Cancer)	Enough (Domestic violence)
Rent (AIDS)	Hangover (Alcohol)	Dear John (Mental illness)
Flight (Addiction)	Precious (Rape, teen pregnancy)	Supersize Me (Nutrition)
Knocked Up (unwanted pregnancy)	Steel Magnolias (Diabetes)	Fly Away Home (Grieving)
Food, Inc. (Nutrition)	Fat, Sick, and Nearly Dead (Nutrition)	Food Matters (Nutrition)
Stepmom (Cancer)	The Bucket List (Death/Dying)	Requiem for a Dream (Drug use)
When a Man Loves a Woman (Alcoholism)		It’s Kind of a Funny Story (Depression)
	A Beautiful Mind (Mental illness)	

3) Group Project – Health and Wellness PSA (20% of final grade)

- DUE: **Tuesday, March 3rd**, Topics must be submitted by February 5th.
- Students will form groups of 2-3 to create a public service announcement about a health and wellness topic.
- Groups are required to present their PSA to the class and provide a brief handout summarizing their information.
- PSA's should be videotaped and will be played to the class. Please speak with the instructor if creating a video is not feasible.
- Video should be between 30-60 seconds.
- Presentation should include a brief introduction:
 - What is the message? What do I want the viewer to understand?
 - Target audience: Who do I want to reach with this message?
 - Why is this issue important to the public?

Potential PSA Ideas - Please feel free to choose a topic not on this list – must be approved first

Drunk Driving	Suicide Prevention	Fire Safety	Discrimination/Hate Crime
Drug Abuse	Hazing/Bullying	Homophobia	Social Networking Safety
Texting/Driving	Date Violence	Gun Safety	Childhood Obesity
Recycling	Steroids	Body Image	Student Health Issues