

## Syllabus for PHED 107.2A, Concepts of Fitness and Wellness

Moravian College  
Concepts of Fitness and Wellness  
Tuesday & Thursday, 10:20am-11:30am  
Johnston Hall, Classroom 102  
Fall 2015: August 31-October 11

**Instructor:** Professor Sara Steinman  
Department of Athletics & Recreation  
**Phone:** 610-861-1531  
**Office:** Johnston Hall, Room #109  
**Office Hours:** Tuesdays & Thursdays, 11:30-12:30pm, 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. The course will provide the student with information to become a good decision maker and to make informed choices and his or her lifestyle.

### Course Textbook

Hoeger, W.W.K, & Hoeger, S.A. (2016). *Principles and Labs for Fitness & Wellness (13<sup>th</sup> ed.)*. Boston, MA: Cengage Learning.

### Course Requirements

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

1. Fitness Plan – 20%	80 points
2. Group Project – 20%	80 points
3. Weekly Assignments & labs – 15%	60 points
4. Final Exam – 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. Unexcused absences will result in a grade reduction. If you have a justified reason for missing a class, please contact the professor with the appropriate documentation.
4. Turn off cell phones prior to class. If a cell phone is being used in class for personal use, you will be deducted 5 points from your class participation grade.
5. Students who wish to request accommodations in this class for a disability should contact the Academic Support Center, located on the first floor of Monocacy Hall (extension 1401). Accommodations cannot be provided until authorization is received from the Academic Support Center.

## Course Schedule

Date	Topic	Reading/Assignments
Tue 9/1	Introduction – Fitness & Wellness	<i>Assignment: Lab 1B (due 9/3)</i>
Thu 9/3	Behavior Modification & Self-image	Reading: Ch. 2 (pp. 43-67) <i>Assignment: Lab 2A, 2B (in class)</i>
Tue 9/8	Weight Management	Reading: Ch. 5 (pp. 163-174, 182-187) <i>Assignment: FAD diet (due 9/10)</i>
Thu 9/10	Cardiovascular Endurance	Reading: Ch. 6 (pp. 215-224, 232-242) <i>Assignment: Lab 6A (in class)</i>
Tue 9/15	Nutrition	<i>Assignment: Lab 3B (due 9/17)</i>
Thu 9/17	Muscular Fitness	Reading: Ch. 7 (pp. 257-264, 270-276) <i>*Submit topic for wellness project*</i>
Tue 9/22	Disease Prevention	Reading: Ch. 11 (pp. 421-452) <i>Assignment: 11A (in class)</i>
Thu 9/24	NO CLASS – Fall Convocation	NONE
Tue 9/29	Addictive Behavior	Reading: Ch. 13 (pp. 491-510) <i>Assignment: Video reaction (in class)</i> <b>FITNESS PLAN DUE</b>
Thu 10/1	Muscular Flexibility	Reading: Ch. 8 (pp. 309-326)
Tue 10/6	Group Presentations	
Thu 10/8	Final Exam	Review all topics for exam

## ASSIGNMENTS

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

- DUE: **Tuesday, September 29<sup>th</sup>** (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** fitness chart/calendar

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

**Body** – Design of the fitness program:

- Set a specific behavioral goal for fitness program (identify individual needs, assess your current fitness level and what you are striving to accomplish)
- Define parameters of fitness plan (frequency of workouts, intensity, time, etc.) and explain why
- Describe your fitness program in detail (warm-up, strength training/activity, cardio, cool down/stretching)

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

**Chart/Calendar** – Develop a clear, easy to understand chart/calendar laying out your fitness plan for the duration of the program. The chart/calendar should be a snapshot view of your program.

**2) Wellness Project – Group presentation (20% of final grade)**

- DUE: **Tuesday, October 6<sup>th</sup>** Topics must be submitted by Thursday, Sept. 17<sup>th</sup>.
- 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.
- Presentation should include general information about the wellness topic and how it pertains to our audience.
- 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 30-60 seconds in length.
- A 5-10 minute presentation should be given before/after the PSA. Presentation should include an introduction:
  - i.** What is the message? What do I want the viewer to understand?
  - ii.** Target audience. Who do I want to reach with this message?
  - iii.** 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	Obesity	Recycling
Steroids	Body Image	Student health issues	