

PHED 107.2 Concepts of Fitness and Wellness
SYLLABUS

Moravian College
Concepts of Fitness and Wellness
Tuesday & Thursday, 10:20am-11:30am
Johnston Hall, Classroom 102
Spring 2016: January 19-March 3

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

Course Textbook

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

Course Requirements

- 1. Join course on Blackboard no later than 1/22 (login: PHED107.2):** Fitness plan and behavior modification paper must be submitted through Blackboard
- 2. Class attendance is required**
- 3. Preparation for each class and active participation are expectations**
- 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 activities and results.

****If information is being taken from a source, IT MUST BE CITED.****

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

Fitness Plan - 20%	100 points
Group Project - 15%	75 points
Behavior Modification Paper - 20%	100 points
Weekly Assignments & Labs - 10%	50 points
Final Exam - 20%	100 points
Class Participation/Attendance - 15%	75 points

Point Value Conversion Chart

470+	=A
450-469	=A-
430-449	=B+
415-429	=B
400-414	=B-
385-399	=C+
365-384	=C
350-364	=C-
335-349	=D+
315-334	=D
300-314	=D-
Below 300	=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 x1401). Accommodations cannot be provided until authorization is received from the Academic Support Center.
6. If the College is closed due to inclement weather, class will be cancelled. You will receive notification via email and e2campus alerts regarding any closures by the college. If the professor needs to cancel class due to inclement weather, an email will be sent.

Course Schedule

Date	Topic	Reading/Assignments
Tue 1/19	Introduction - Fitness & Wellness	
Thu 1/21	Introduction to Fitness - Fitness Center	Reading: Ch. 1 (pp. 3-28) <i>Assignment: Lab 1B (due 1/21)</i>
Tue 1/26	Behavior Modification & Stress Management	Reading: Ch. 2 (p. 43-67), Ch. 10 (p. 381-396) <i>Assignment: Labs 2B, 2C, 10C (due 1/28)</i>
Thu 1/28	Cardiovascular Endurance - ARC	Reading: Ch. 6 (pp. 215-224, 232-242) <i>Assignment: Lab 6A (in class)</i>
Tue 2/2	Disease Prevention	FITNESS PLAN DUE Reading: Ch. 11 (pp. 421-452)
Thu 2/4	Muscular Fitness - Fitness Center	Reading: Ch. 7 (pp. 257-264, 270-276) <i>*Submit topic for wellness project*</i>
Tue 2/9	Weight Management	Reading: Ch. 5 (pp. 163-174, 182-187) <i>Assignment: FAD diet (due 2/11)</i>
Thu 2/11	Muscular Flexibility - Yoga	Reading: Ch. 8 (pp. 309-326) <i>Assignment: Current health issue (due 2/16)</i>
Tue 2/16	Nutrition - Guest Speaker	Reading: Ch. 3 (pp. 77-103) <i>Assignment: Lab 3B (due 2/18)</i>
Thu 2/18	Recreational Activities - ARC	<i>Assignment: Lab 15B (due 2/23)</i>
Tue 2/23	Addictive Behavior	Reading: Ch. 13 (pp. 491-510) <i>Assignment: Video reaction (in class)</i>
Thu 2/25	Recreational Activities - ARC	BEHAVIOR MODIFICATION DUE
Tue 3/1	Group Presentations	
Thu 3/3	Final Exam	Review all topics for exam

ASSIGNMENTS

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

- DUE: **Tuesday, February 2nd** (papers received after this date will be subject to a 10 point reduction for each day it is late)
- Paper must be submitted through Blackboard
- 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. **Behavior Modification Paper (20% of final grade)**

- DUE: **Thursday, February 25th** (papers received after this date will be subject to a 10-point reduction for each day it is late)
- Paper must be submitted through Blackboard
- Must be typed, double-spaced, 1" margins, Times New Roman font size 12
- Minimum of three pages
- Wellness is defined as the integration of many different components (physical, mental, social, emotional, occupational, and environmental). At the beginning of the semester, you identified a health-related behavior you wished to change (labs 2B and 2C). Using the behavior you identified, write a behavior modification plan to improve from your current state.
- Introduction: briefly describe the current behavior (at the beginning of the semester) and explain why you wish to make a change.
- Discuss the stage of change: which stage did you identify with in Lab 2B, what stage have you moved to now, and where do you see yourself in 6 months from now.
- Describe your motivation to make this behavioral change. How will you stay motivated moving forward?
- Explain the environmental influences that may affect your behavioral modification.
- What barriers/obstacles may **you** face when making a behavioral change?
- Be sure to reference the Process of Change model and personalize it to your plan.

3. **Wellness Project – Group presentation (15% of final grade)**

- DUE: **Tuesday, March 1st** Topics must be submitted by Thursday, February 4.
- 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	Dare violence	Obesity	Stress Management
Steroids	Body Image	Student health issues	