Moravian College
Concepts of Fitness and Wellness, PE 107.2
Monday, 8:50AM-10:00AM  Johnston Hall Classroom 8
Fall, 2005

Faculty: Edward E. Little
Department of Physical Education
610-861-1536/ meeel01@moravian.edu
Office hours: Mondays and Fridays, 10 a.m. to 2 p.m.

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:
Interactive CD-ROM: HealthQuest

Course Requirements:
1. Class attendance and lab work is required: Students need to develop an alternate plan with the instructor in the event of illness prior to absences or immediately following class session missed
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: Group projects may be assigned where the group is responsible for all the activities and results

Method of Evaluation:
1. 30% class participation/attendance
2. 30% papers
3. 20% lab activities
4. 20% oral reports/projects

Schedule:
Week 1 (Sept. 9th): Course overview, Healthy Lifestyle Questionnaire, Concepts 1 & 2 and Labs
Week 2: Concepts 3, 4, & 5, Labs
Week 3: Concepts 6 & 7, Labs
Week 4: Concepts 8 & 9, Labs
Week 5: Concepts 10 & 11, Labs; preliminary grades given on request
Week 6: Concepts 12 & 13, Labs
Week 7 (Oct. 21st): Oral reports finished and personal fitness plan due; mid-term grades
Week 8: Wellness Assessment, decision-making
Week 9: Concept 15, Labs
Week 10: Concepts 16 & 17, Labs; nutrition video can be shown
Week 11: Concepts 18 & 19, Labs
Week 12: Concepts 20, 21, & 22, Labs; video 28 Days can be shown
Week 13: Concept 23, Labs; Oral reports finished
Week 14 (Dec. 9th): Concepts 24 & 26, Labs; personal wellness statement due

*Notes to teaching faculty (to include in syllabus):
  1. October 3rd: Breast Cancer lecture at 7 p.m.
  2. Cholesterol and blood pressure screening will be scheduled for week of Nov. 4th
  3. Robert Burton Aids lecture will be scheduled for week of Nov. 14th or 21st
  4. Video library is being developed for course