Moravian College
Concepts of Fitness & Wellness
Tuesdays: Period 5B 12:50-2:00 PM
Johnston Hall Classroom 8
Fall, 2005

Faculty: Jim Walker, Professor & Kate Miller, Assistant Professor
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Office hours: Tuesdays (1PM-4PM) Thursdays (8AM-10AM & 1PM-4PM)
On most other days from 8AM-4PM. Call first.

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. 40% class participation/attendance
2. 25% papers
3. 15% lab activities
4. 20% oral reports/projects
Schedule:
Introduction (Aug. 30): Course overview; Oral Report assignments, Labs Intro
Week 1 (Sept. 6): Aardvark Field Trip Healthy Lifestyle Questions, Concepts 1 & 2, Labs
Week 2 (Sept. 13): Concepts 3, 4, & 5, Labs
Week 3 (Sept. 20): Concepts 6 & 7, Labs
Week 4 (Sept. 27): Concepts 8 & 9, Labs
Week 5 (Oct. 4): Concepts 10 & 11, Labs; preliminary grades given on request
Week 6 (Oct. 11): Fall Break
Week 7 (Oct. 18): Concepts 12 & 13, Labs; Fitness Plan due; mid-term grades
Week 8 (October 25): Wellness Assessment, decision-making
Week 9 (Nov. 1): Concept 15, Labs
Week 10 (Nov. 7): Concepts 16 & 17, Labs; nutrition video can be shown
Week 11 (Nov. 15): Concepts 18 & 19, Labs
Week 12 (Nov. 22): Concepts 20, 21, & 22, Labs; video 28 Days can be shown
Week 13 (Nov. 29): Concept 23, Labs; Oral reports finished
Week 14 (Dec. 6): Concepts 24 & 26, Labs; personal wellness statement due

ORAL REPORTS

Directions:
Oral reports should be done either individually or in pairs. Reports should be 15-20 minutes in length and discussion should follow lasting 10 minutes. There must be some sort of visual aid either drawn on board or handed out. Reports will be given on the day of the concepts that they correspond to. You need to list on the board 2 other sources besides the text. You will be graded by the instructor using the peer evaluation forms. Grades will be based on subject matter presentation; relationship of topic to students; ability to handle discussion of the subject; visual aids and class activity.

SUGGESTED TOPICS-YOU MAY CHOOSE OWN IDEA

Heat & Exercise-3 Cardiovascular Fitness-8 Vitamins & Supplements-16
FIT Formula-4 Lifetime Sports-9 Nutrition-16
Aging-4 Bicycling-9 Mental Health-19
Stroke-4 Flexibility & Stretching-10 Stress Management-19
Cholesterol-4 Strength Training-11 Drug Abuse-22
Heart Rate 4 Athletic Injuries-12 Tobacco Use-22
Heart Disease-4 Knee Surgery-12 Steroids-23
Blood Pressure-4 Concussions-12 STD’s-23
Agility-1/4 Lower Back Injuries-13 Diabetes-24
Weight Loss-6 Neck/Upper Back Injuries-13 Cancer Types-24
Osteoporosis-6 Eating Disorders-15 Lung Disease-24
MET-7 Dieting-15

FITNESS PLANS

Due: October 18
Length: 2/3 Pages
Samples: Circulated in class
Personal: The plan must be for YOU! and based on the entire class. It must be a comprehensive plan for now and for your future.