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

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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 report/project
Schedule
January 13- Topic:  Class Syllabus, Presentations Topics, What is Fitness?  
Concept 1
January 20- Topic Metabolic Fitness/ Needs Assessment  
Concepts 2, 3,6,15  
Labs:  2A, 2B, 3A, 6A,  
January 27- Cardiovascular/ Heart Rate/ Perceived Exertion  
Concept 8  
Lab:  Handout  
February 3 –Flexibility, Muscular Strength and Endurance  
Concepts 10&11  
Lab:  Handout, 11A  
February 10- Setting Goals  
Concept 5  
Lab:  Handout  
February 17 Exercise Prescriptions  
Concept 4  
February 24- Exercise Program  
Concept 3: pg 38-39; 9; 11  
March 3- Paper Due  
 
March 10- Spring Break- No classes  
March 17- Topic:  Concept 26:  Towards Optimal Health and Wellness  
Labs:  Handout  
March 24- Topic- Nutrition  
Concept 16  
Lab: 16A, Handout  
March 31- Topic- Nutrition  
Concept 17  
April 7- Topic- Use and Abuse of Alcohol  
Concept 18& 19  
Lab:  Handout  
April 14- Topic- Avoiding Destructive Behavior  
Concept 20, 22, 23  
April 21- Topic: Stress Management  
Concept 18&19  
1. Paper Due  
April 28 – Class Evaluations