Syllabus for PE 107.2 (105.1/106.1), Concepts of Fitness and Wellness

Moravian College
Concepts of Fitness and Wellness
Tuesdays, Period 10:20- 11:30 am
Johnston Hall Classroom 8
Spring, 2005

Faculty: Kate Miller, Instructor 610-625-7850 mckpm01@moravian.edu
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Department of Athletics & Physical Education
Office hours: Tuesdays (11:30-4:00) Wednesday (11:30- 4:00) Thursday (11:30-4:00)

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 (January 11): Course overview; Oral Report assignments
Week 1 (January 18): Healthy Lifestyle Questions, Concepts 1 & 2, Labs 1A, 2A, 2B
Week 2 (January 25): Concepts 3, 4 & 5, Labs 3A, 3B, 4A, 5A
Week 3 (February 1): Concepts 6 & 7, Labs 6A, 7A
Week 4 (February 8): Concepts 8 & 9, Labs CD ROM Target Heart Rate, Fitness Planner
Week 5 (February 15): Concepts 10 & 11, Labs all lab work to be done in class
Week 6 (February 22): Concepts 12 & 13, Labs No Labs due
Week 7 (March 1): Fitness Plan due; mid-term grades teacher evaluations
Week 8 (March 8): Spring Break
Week 9 (March 15): Wellness Assessment, decision-making Concept 15, Labs
Week 10 (March 22): Concepts 16 & 17, Labs
Week 11 (March 29): Concepts 18 & 19, Labs
Week 12 (April 5): Concepts 20, 21, & 22, Labs
Week 13 (April 12): Concept 23, Labs
Week 14 (April 19): Concepts 24 & 26, Labs
Week 15 (April 26): personal wellness statement due, teacher evaluations

ORAL REPORTS

Directions: Oral reports will be done in pairs. Reports should be 10 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.

SUGGESTED TOPIC

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<thead>
<tr>
<th>Lifetime sports</th>
<th>Cardio Fitness</th>
<th>Flexibility</th>
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<tbody>
<tr>
<td>Strength Training</td>
<td>Agility</td>
<td>Lung Disease</td>
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<td>Stroke</td>
<td>Mental Health</td>
<td>Heart Disease</td>
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<td>Blood Pressure</td>
<td>Cancer</td>
<td>Alcoholism</td>
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<td>Time Management</td>
<td>Nutrition</td>
<td>STD’s</td>
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<td>Stress Management</td>
<td>Tattoo and body piercing</td>
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FITNESS PLANS

Due: March 1, 2005

Length: 2/3 Pages

Write a fitness plan on how you are going to change/improve your fitness components. In your introduction explain what you fitness level is and what kind of workouts you are doing now. Then use the concepts that we went over and implement a new fitness plan that is realistic for you. This plan should be all about you.