Moravian College  
Concepts of Fitness and Wellness, PE 107.2B  
Mondays, 12:50-2:00 PM  
Johnston Hall Classroom 138  
Spring, 2006

Faculty: Eric Lambinus, Assistant Professor  
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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:  

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/assignments  
4. 20% oral report

Schedule:  
January 16th: Course overview, Healthy Lifestyle Questionnaire  
January 23th: Section II – Introduction to Physical Activity  
January 30th: Section III – Physical Activity Pyramid  
February 6th: Section IV – Special Considerations  
February 13th: Section V – Body Composition & Nutrition
February 20th: Special Topic – Fast Food Nutrition (*Supersize Me*)
February 27th: *Personal Fitness paper due
March 13th: Wellness Assessment, Guest lecturer
March 20th: Section VI – Stress Management
March 27th: Section VI – Decision Making
April 3rd: Section VII – Avoiding Destructive Behaviors
April 10th: Section VII – Making Informed Choices
April 24th: Overall Review & *Personal Wellness paper due