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

Moravian College
Concepts of Fitness and Wellness
Tuesdays, Period 3B 10:20-11:30 am
Johnston Hall Classroom 8
Spring, 2006

Faculty: Kate Miller, Instructor 610-625-7850 mekpm01@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:
Week 1 Introduction (January 17): Course overview; Oral Report assignments
Week 2 (January 24): Healthy Lifestyle Questions, Concepts 1 & 2, Labs 1A, 2A, 2B
Week 3 (January 31): Concepts 3, 4, & 5, Labs 3A, 3B, 4A, 5A
Week 4 (February 7): Concepts 6 & 7, Labs 6A, 7A
Week 5 (February 14): Concepts 8 & 9, Labs CD ROM Target Heart Rate, Fitness Planner
Week 6 (February 21): Concepts 10 & 11, Labs all lab work to be done in class
Week 7 (February 28): Fitness Plan due; mid-term grades teacher evaluations
Week 8 (March 7): Spring Break
Week 9 (March 14): Wellness Assessment, decision-making Concepts 12 & 13, Labs
Week 10 (March 21): Concept 15, Labs
Week 11 (March 28): Concepts 16 & 17, Labs
Week 12 (April 4): No Class Concepts 18 & 19, Labs
Week 13 (April 11): Concepts 20, 21, & 22, Labs
Week 14 (April 18): Concept 23, Labs
Week 15 (April 25): Concepts 24 & 26, Labs 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**

- Lifetime sports
-Strength Training
-Stroke
-Blood Pressure
-Time Management
-Stress Management
-Cardio Fitness
-Agility
-Mental Health
-Cancer
-Nutrition
-Tattoo and body piercing
- Flexibility
- Lung Disease
- Heart Disease
- Alcoholism
- STD’s

**FITNESS PLANS**

Due: February 28, 2006
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.