Moravian College  
Concepts of Fitness and Wellness, PE 107.2  
Thursday 8:50- 10:00  
Johnston Hall Classroom 8  
Spring 2006

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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

1-19:  Concept 1: Health, Wellness, Fitness, and Healthy Lifestyle: An Introduction
       Concept 26: Towards Optimal Health and Wellness
       Activity: Personal Identity
1-26:  Concept 2: Using self-management skills to Adhere to Healthy Lifestyle
       Behaviors
       Lab: Meteor Situation
       Group Activity
2-2:   Concept 16 Nutrition
       Activity: Super Size Me
       Homework: 16A Daily Diet Record
       Handout- Daily Expenditure
2-9   Concept 15: Body Composition
       Concept 17: Managing Diet and Activity for Healthy Body Fatness
       Activity: Super Size Me
2-16:  Section 7 Avoiding Destructive Behavior
       Activity: Card Party
       28 Days
2-23:  Section 7: Avoiding Destructive Behavior
       Activity: 28 days
3-2:   Paper Due
       Concept 18: Stress and Health
       Concept 19: Stress Management, Relaxation and Time Management
       Activity: Grid of Life
3-9  Spring Break
3-16  Topic: Are You Fit?
       Activity: Power Point
3-23  Topic: Metabolic Fitness/ Needs Assessment
       Concepts: 2, 3, 6, 15
       Activity: Handout, Lab 2A, 2B, 3A, 6A
3-30  Topic: Cardiovascular, Flexibility, Muscular Strength, and Endurance Testing
       Concept 8, 10, 11
       Activity: 12 min run/walk; push-ups/ sit-ups/ flexibility testing
4-6   Topic: Goal Setting and Exercise Prescription
       Concept 5&6
4-13  Topic: Exercise Program:
       Concept 11
4-20  Fitness Paper Due
4-27  Evaluations