Syllabus for PE 107.2F, Concepts of Fitness and Wellness

Moravian College
Concepts of Fitness and Wellness, PE 107.2F
Thursdays, Period 2b
Johnston Hall Classroom 8
Fall, 2006

Faculty: Fran Meagher/Lorrie Radcliff
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Office hours: Mondays and Wednesdays, 11 a.m. to 2 p.m.

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. 35% class participation/attendance
2. 25% papers
3. 15% lab activities
4. 15% oral report/project
5. 10% quizzes

Schedule:
Week 1: Course overview, Healthy Lifestyle Questionnaire, Concepts 1 & 2 and Labs
Week 2: Concepts 3, 4, & 5, Labs
Week 3: Concepts 6 & 7, Labs
Week 4: Concepts 8 & 9, Labs
Week 5: Concepts 10 & 11, Labs
Week 6: Concepts 12 & 13, Labs
Week 7: *Personal Fitness paper due
Week 8: Wellness Assessment or Guest lecturer TBA
Week 9: Concept 15, Labs
Week 10: Concepts 16 & 17, Labs
Week 11: Concepts 18 & 19, Labs
Week 12: Concepts 20, 21, & 22, Labs
Week 13: Concept 23, Labs
Week 14: Concepts 24 & 25, Labs
Week 15: Concept 26, *Personal Wellness paper due

*Papers must be a minimum of 350 words. Fitness paper is due 10/14, Wellness paper is due 12/19.
+Oral report—Students will responsible for a group oral report/project on either a fitness or wellness subject: Group report/project will be assigned throughout the semester