Syllabus for PE 107.2 Concepts of Fitness and Wellness
Moravian College
Concepts of Fitness and Wellness, PE 107.2
Monday 8:50-10:00am
Johnston Hall Classroom
Spring 2007

Anita Fanelli
610-861-1537
Email: mealf01@moravian.edu
Office: Athletic Training Room, Johnston Hall
Office Hours: 9:30am-3:00pm

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. These skills are based on personal needs, and will promote a lifetime of health, fitness, and wellness. Rather than tell the student what to do, this course is designed provide the student with information to become a good problem solver/decision maker and will teach the student to make informed choices about his or her lifestyle.

REQUIRED TEXTBOOK:

CLASS REQUIREMENTS:
1. Class attendance and lab work are required. Attendance will be taken at each class. Students need to develop an alternate plan with the instructor in the event of an illness, prior to the absence if possible, or immediately following the class session missed.
2. Preparation for each class is an expectation.
3. Active participation is an expectation.
4. Plagiarism is unacceptable.

METHOD OF EVALUATION:
1. 30% Class participation/attendance
2. 25% Paper
3. 15% Lab activities
4. 10% Quizzes/tests
5. 20% Oral report/project

SCHEDULE:

Jan. 15: Introduction – Instructors Goals/Students Goals
Overview of Class Syllabus
Healthy People 2010
Concept 1: Health, Wellness, Fitness, and Healthy Lifestyles: An Introduction
Concept 2: Using Self-Management Skills to Adhere to Healthy Lifestyle Behaviors
Lab: Assessment of Current Health
Assignment: Partner Projects
Jan 22: **Concept 15:** Body Composition  
Body Composition Lab Demonstration  
*Lab:* Determine personal body fat with Omron Body Fat Analyser  
*Assignment:* Food Diary  
*Project*

Jan 29: **Concept 16:** Nutrition  
**Concept 17:** Managing Diet and Activity for Healthy Body Fatness  
*Activity:* Nutrition IQ test  
*Lab 17B:* Evaluating Fast-Food Options  
*Project*

Feb 5: **Concept 18:** Stress and Health  
**Concept 19:** Stress Management, Relaxation, and Time Management  
*Lab:* Wellness worksheet #12 – Daily Hassles and Stress  
*Lab 19A:* Relaxing Tense Muscles  
*Project*

Feb 12: **Concept 20:** The Use and Abuse of Tobacco  
**Concept 21:** The Use and Abuse of Alcohol  
*Lab 20A:* Use and Abuse of Tobacco  
*Assignment:* Lab 21A: Blood Alcohol Level  
*Project*

Feb 19: **Concept 22:** The Use and Abuse of Other Drugs  
**Concept 23:** Preventing Sexually Transmitted Diseases  
*Lab 22A:* Use and Abuse of Other Drugs  
*Lab 23A:* Sexually Transmitted Disease Risk Questionnaire  
*Project*

Feb 26: **Concept 24:** Cancer, Diabetes, and Other Health Threats  
**Concept 25:** Recognizing Quackery: Becoming an Informed Consumer  
*Paper Due*  
*Quiz # 1*