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. 35% class participation/attendance  
2. 25% papers  
3. 15% lab activities/assignments  
4. 15% oral report  
5. 10% quizzes – two will be given at anytime during the semester

**Schedule:**
January 15th: Course overview, Healthy Lifestyle Questionnaire  
January 22nd: Section II – Introduction to Physical Activity  
January 29th: Section III – Physical Activity Pyramid  
February 5th: Section IV – Special Considerations
February 12th: Section V – Body Composition & Nutrition
February 19th: Special Topic – Fast Food Nutrition (Supersize Me)
February 26th: *Personal Fitness paper due
March 12th: Wellness Assessment, Guest lecturer
March 19th: Section VI – Stress Management
March 26th: Section VI – Decision Making
April 2nd: Section VII – Avoiding Destructive Behaviors
April 9th: Section VII – Making Informed Choices
April 23rd: Overall Review & *Personal Wellness paper due