Moravian College  
Concepts of Fitness and Wellness, PE 107.2E  
Tuesday 8:50-10:00  
Johnston Hall Classroom 8  
Spring 2007  

Faculty: Lorrie Radcliff/Fran Meagher  
Department of Physical Education  
LR: 610-861-1537/ melrr01@moravian.edu for messages  
FM: 610-861-1513/ mefjm01@morvian.edu for messages  
Office hours: LR: Monday – Friday 1-3pm  
FM: Mondays and Wednesday 11am-2 pm  

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

Jan 16: Topic - Concept 1&26: Towards Optimal Health and Wellness

Jan 23: Topic: Concept 2/6 *Self-Management Skills*  
Concept 18/19 *Stress Management*

Jan 30: Topic Concept 20, 21, 22, 23: *Avoiding Destructive Behaviors*

Feb 6: Topic: Concept 20, 21, 22, 23: *Avoiding Destructive Behaviors*

Feb 13: Topic: Concept 16/17 *Nutrition/ Managing Diet and Activity for Healthy Body Fatness*  
Feb 20: Topic: Concept 15 *Body Composition*

Feb 27: Topic: Concept 24and 25: *Making Informed Choices*  
**Wellness Papers Due/Class Evaluations**

March 6: Spring Break  
March 13 Fitness Begins  
March 20: Concept 3,4,&5, Labs  
March 27: Concept 6&7 Labs  
April 3: Concept 8&9 Labs  
April 10: Concept 10 & 11 Labs  
April 17: Concept 12&13 Labs  
April 24: **Fitness Papers Due**/ Class Evaluations