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

Faculty: Lorrie Radcliff  
Department of Physical Education  
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Office hours: Monday – Friday 1-3pm  

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: Health Quest  

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

Jan 25: Topic: Concept 2/6 Self-Management Skills
Concept 18/19 Stress Management

Feb 1: Topic Concept 20, 21, 22, 23: Avoiding Destructive Behaviors

Feb 8: Topic: Concept 20, 21, 22, 23: Avoiding Destructive Behaviors

Feb 15: Topic: Concept 24 and 25: Making Informed Choices

Feb 22: Topic: Concept 16/17 Nutrition/ Managing Diet and Activity for Healthy Body Fatness

March 1: Topic: Concept 15
Wellness Papers Due/Class Evaluations

March 8: Spring Break

March 15 Fitness Begins: Concept 1: An Introduction to Fitness/&How to develop a Fitness Plan

March 22: Concept 3, 4, &5 Preparing for Physical Activity/ The Health Benefits of Physical Activity/ How Much Benefits of Physical Activity

March 29: Concept 7&9 Lifestyle Physical Activity/ Active Aerobic, Sports, and Recreational Activities

April 5: Concept 8&10 Flexibility/Cardiovascular Fitness

April 12: Concept 11: Muscular Fitness

April 19: Concept 26: Putting it all together

April 26: Fitness Paper Due/Class Evaluations