Syllabus for PE 107.2B, Concepts of Fitness and Wellness

Moravian College
Concepts of Fitness
Tuesday, Period 3b, 10:20-11:30 AM
Johnston Hall Classroom 138
Fall, 2007

Faculty: Associate Professor, Mary Beth Spirk: 610-861-1424/ memas01@moravian.edu
   Assistant Professor, Kathleen Miller: 610-861-7850/ mekpm01@moravian.edu
   Department of Athletics & Physical Education
   Office hours: Monday/Wednesday/Friday, 9am to 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:

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 reports/projects
5. 10% quizzes

Schedule:
Introduction (August 28): Course overview; Oral Report assignments; Concepts 1 & 2
Week 2 (Sept. 4): Circuit training
Week 3 (Sept. 11): Concepts 3, 4, & 5; Labs 3A, 4A, 5A; Fitness Center
Week 4 (Sept. 18): Concepts 6 & 7; Labs 6A & 7A
Week 5 (Sept. 25): Concepts 8 & 9; Lab 8A;
Week 6 (Oct. 2): Concepts 10; Labs 10A & 11B; preliminary grades given on request
Week 7 (Oct. 16): Concepts 11 & 12; Fitness Plan due; mid-term grades
Week 8 (Oct. 23): Wellness Assessment, decision-making
Week 9 (Oct. 30): Concept 13, 14, & 15; Labs
Week 10 (Nov. 6): Concepts 16 & 17; Labs
Week 11 (Nov. 13): Concepts 18 & 19; Labs
Week 12 (Nov. 20): Concepts 20 & 21; Labs
Week 13 (Nov. 27): Concept 22, 23 & 24; Labs; Oral reports finished
Week 14 (Dec. 4): Personal Wellness Statement due

**ORAL REPORTS**

Directions: Oral reports should be done either individually or in pairs. Reports should be 10 minutes in length and discussion should follow lasting 10 minutes. There must be a visual aid and/or activity included with the report.

**SUGGESTED TOPICS**

- Aging
- Athletic Injuries
- Flexibility and Agility
- Cancer
- Cholesterol
- Strength Training
- Depression
- Environmental Health
- Substance Abuse
- Diabetes
- Arthritis, Osteoporosis, and Chronic Back Conditions
- Blood Pressure
- Lifetime Sports
- Heart Disease and Stroke
- Nutrition and Overweight
- Physical Activity and Fitness
- Lung Disease
- Mental Health and Mental Disorders
- Cardiovascular Fitness

**Fitness Plan** due: October 16  
**Wellness Plan** due: December 4

Length: 2/3 Pages

Personal plans: The plans must be for **YOU** and based on the information you gained throughout the course.