Syllabus for P.E. 107.2 E (Concepts of Fitness and Wellness)

Thursdays 5 B (12:50-2:00)
Johnston Hall Classroom 8
Fall- 2006

Faculty- Coach Pollard
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Required Textbook:
Boston: McGraw-Hill

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 upon personal need- that will promote lifetime health,
fitness and wellness. Rather than tell the students what to do, the course will
provide the student with information to become a good problem solver/decision
maker and to make the informed choices about his or her lifestyle.

Course Requirements:
1. Class attendance and lab work is required. Students need to develop an
   alternative plan with me in the event of illness prior to absences or
   immediately following the class session.
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 certain lab sessions.
4. Plagiarism is unacceptable. Group projects will be assigned where the
   group is responsible for all activities and results.

Methods of Evaluation:
The following areas will all be taken into consideration in regards to creating
your grade for this course: Quizzes, class attendance/participation, papers, lab
activities and oral reports.

Papers: (2)
1. Fitness/Wellness Plan
2. Due Date:
3. 2-3 type written, double spaced pages
4. This fitness plan should be for you; however, you may create a ficticious person as a subject for your paper. I encourage that you use the information from the “wellness” section of your text as the basis for your paper.

Oral Report: (1 + paper)
Directions: oral reports will be done in groups of 2 or 3. Reports should be 10-15 minutes in length- or about 5 minutes per person. There must be some sort of visual aid with each report- you may use the computer in the classroom, charts, handouts, blackboard etc. A typed, double spaced paper of your presentation will be turned in at the end of the report and will count as the 2nd paper. This may be note cards- however, they must be legible and organized.

Possible Topics:
Cholesterol, Aging, Diabetes, Cardiovascular fitness, Lung disease, Strokes, Heart diseases, Tobacco, Flexibility, Strength training, Mental health, Athletic injuries, Lifetime sports, Eating disorders, Cancer, Blood pressure, Agility, Steroids, Stress…