Syllabus for PE 107.2C  Concepts of Fitness and Wellness

Moravian College
Concepts of Fitness & Wellness
Monday: Period 4B 12:50-2:00 PM
Johnston Hall Classroom 8
Fall, 2008

Faculty: Jim Walker, Professor & Kate Miller, Assistant Professor
Department of Athletics & Physical Education
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Miller   610-625-7850 kmiller@moravian.edu
Office hours:  On most days from 9AM-4PM.  Call first.

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 4.2

Course Requirements:
1. Class attendance, lab work, answers to research questions, and an active fitness plan are 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.

Method of Evaluation:
1. 30% class participation/attendance
2. 25% papers
3. 20% Oral Report
4. 15% lab activities
5. 10% quizzes (2 @5% each)

Schedule:
Introduction (Aug. 25): Course overview; Fitness Assessment; Research Questions
Week 1 (Sept. 1): No Class Labor Day Concepts 1 & 2, Labs
Week 2 (Sept. 8): Concepts 3, 4, & 5, Labs; Research questions
Week 3 (Sept. 15): Concepts 6 & 7, Labs; Dressed for fitness center; Outline of Fitness Plan due.
Week 4 (Sept. 22): Concepts 8 & 9, Labs; Rough Copy of Fitness Plan due
Week 5 (Sept. 29): Concepts 10 & 11, Labs; Dressed for activity
Week 6 (Oct. 6): Fall Break
Week 7 (Oct. 13): Concepts 12 & 13, Labs; Final Fitness Plan due and dressed for activity
Weeks 8-15 (October 20-December 8): Wellness Classes start.
FITNESS PLANS
Due: Outline of Plan 9/15  Rough Copy 9/22  Final Copy 10/13
Length: 2/3 Pages
Format: Plan format will be given to you in class on 9/8 and emailed to you by 9/1
Personal: The plan must be for YOU! and based on the entire class. It must be a comprehensive plan for now and for your future.

ORAL REPORTS

POSSIBLE TOPICS

FITNESS
HIKING  MARTIAL ARTS
ROLLER BLADING  GYMNASICS
PYLOMETRICS  ROWING
AQUAROBCICS  STAIR CLIMBER
STRENGTH TRAINING  ANY SPORT
WALKING  JOGGING/RUNNING
AEROBICS  YOGA
SWIMMING  JUDO
BIKING  AGILITIES
CALESTHETICS  JOINT SURGERY
JAZZERCISE  FLEXIBILITY
DANCE  NECK AND BACK INJURIES
PILATES  ROCK/MOUNTAIN CLIMBING

WELLNESS
SMOKING  ALCOHOL ABUSE
OBEISITY  CANCERS
NUTRITION  HIGH/LOW BLOOD PRESSURE
HEART DISEASE  LOW BLOOD PRESSUE
CHOLESTEROL  DRUG ABUSE
DEPRESSION/MENTAL HEALTH  STD'S
HIV  EATING DISORDERS
DIABETES  LUNG DISEASES
LEUKEMIA  ALZEHEIMERS
ARTHRTIS  MS
STROKE  AGING
ARTHEROSCLEROSIS  PNEUMONIA/FLU
KIDNEY DISEASES  DIETS
STRESS MANAGEMENT  OTHER TOPICS OF CHOICE WILL BE CONSIDERED

ORAL REPORT DIRECTIONS

1. Oral reports presented either individually or in pairs.
2. 15-20 minutes in length.
3. Visual aids must be used-posters, handouts, power point, etc.
4. Presentations will be assigned on Sept 8. Anyone wishing to present on the 8th contact Coach Walker.
5. Use the text & two other sources that must be listed on the board or in the materials presented.
6. Topics should be of interest to the student.
7. Peer evaluations will be done by the other students.
8. Involve the class as much as possible.
9. The class will ask questions at the conclusion.