Moravian College  
Concepts of Fitness and Wellness, PE 107.2 E  
Tuesday 8:50- 10:00  
Johnston Hall Classroom 8  
Spring 2009

Faculty: Lorrie Radcliff/Fran Meagher  
Department of Physical Education  
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Office hours: LR: Monday – Friday 1-3pm  
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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 20: Topic- Concept 1: Lifestyle for Health, Wellness, and Fitness Towards Optimal Health and Wellness
   Activity: “Shift Happens”
   Ideal Cards
   What is Wellness?

Jan 27 Topic: Concept 2/6 Self-Management Skill
   Activity: Meteor Situation

Feb 3: Topic: Concept 16/17 Nutrition
   Activity: SuperSize Me
   Homework: Lab14A

Feb 10: Topic: Concept 15 Body Composition
   Activity: Lab 13B

Feb 17: Topic: Concept 16 and 17 Stress and Health
   Activity Group Work Scenario

Feb 24: Topic: Concept 19 The Use and Abuse of Alcohol
   Activity: Card party/ Beer Goggles

March 3: Spring Break

March 10: Wellness Paper Due

March 10: Healthy Lifestyle Questionnaire, Concepts 1 & 2 and Labs

March 24: Concept 3, 4, & 5, Labs

March 31: Concept 6&7 Labs

April 7: Concept 8&9 Labs Oral Presentation

April 14: Concept 10 & 11 Labs Oral Presentation

April 21: Concept 12&13 Labs Quiz

April 28: Fitness Papers Due/ Class Evaluations