Moravian College
Concepts of Fitness and Wellness, PE 107.2
Thursday 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: 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: 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

   
   Activity: “Shift Happens”
   Ideal Cards
   
   What is Wellness?

Jan 29 Topic:  Concept 2/6 Self-Management Skill
   
   Activity: Meteor Situation

Feb 5:  Topic: Concept 16/17 Nutrition
   
   Activity: SuperSize Me
   
   Homework: Lab14A

Feb 12: Topic: Concept 15 Body Composition
   
   Activity: Lab 13B

Feb19:  Topic: Concept 16 and 17 Stress and Health
   
   Activity Group Work Scenario

Feb26   Topic   Concept 19 The Use and Abuse of Alcohol
   
   Activity: Card party/ Beer Goggles

March 5 Spring Break

March 12:  Wellness Paper Due

March 19: Concept 1, 3, 4
   
   Activity: Power Point/ Needs Assessment Labs 3A, 4A,

March 26:  Concept5, 6:
   
   Activity: Needs Assessment Continuation Lab 5A, 6A/ Intro to the FITT Formula

April 2:  Concept 8: Active Aerobic, Sport, and Recreational Activity

April 9:  Concept 9, 10
   
   Activity: Evaluating Flexibility, Muscular Strength/Endurance Station Work

April 16:  Concept 10
   
   Activity: Weight Room/ Muscle Building Work Out

April 23: Concept 7: Cardiovascular Evaluation
   
   Activity: Heart Rate/ 1Mile Walk

April 30: Fitness Papers Due/ Class Evaluations