Syllabus for PE 107.2 J Concepts of Fitness and Wellness
Moravian College
Concepts of Fitness and Wellness, PE 107.2
Friday 8:50-10:00am
Johnston Hall Classroom
Spring 2008

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Office Hours: 9:30am-3:00pm

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. These skills are based on
personal needs, and will promote a lifetime of health, fitness, and wellness. Rather than tell the student
what to do, this course is designed provide the student with information to become a good problem
solver/decision maker and will teach the student to make informed choices about his or her lifestyle.

REQUIRED TEXTBOOK:

CLASS REQUIREMENTS:
1. Class attendance and lab work are required. Attendance will be taken at each class.
   Students need to develop an alternate plan with the instructor in the event of an illness,
   prior to the absence if possible, or immediately following the class session missed.
2. Preparation for each class is an expectation.
3. Active participation is an expectation.
4. Plagiarism is unacceptable.

METHOD OF EVALUATION:
1. 30% Class participation/attendance
2. 25% Paper
3. 15% Lab activities
4. 10% Quizzes/tests
5. 20% Oral report/project
6. On-going extra-credit: Current weekly articles from newspaper/magazines/TV news
   programs on Fitness/Wellness topics
SCHEDULE:

Jan. 23:  Introduction – Instructors Goals/Students Goals
         Overview of Class Syllabus
         **Concept 1**: Health, Wellness, Fitness, and Healthy Lifestyles: An Introduction
         **Lab**: Assessment of Current Health
         **Assignment**: Projects

Jan 30:  **Concept 14**: Nutrition
         **Concept 15**: Managing Diet and Activity for Healthy Body Fatness
         **Activity**: Nutrition IQ test
         **Lab15B**: Evaluating Fast-Food Options
         **Assignment**: Super Bowl Commercials

Feb 6:  **Concept 16**: Stress and Health
         **Concept 17**: Stress Management, Relaxation, and Time Management
         **Lab16B**: Evaluating Your Hardiness and Locus of Control
         **Project**

Feb 13:  **Concept 18**: The Use and Abuse of Tobacco
          **Concept 19**: The Use and Abuse of Alcohol
          **Lab18A**: Use and Abuse of Tobacco
          **Assignment**: Lab19A: Blood Alcohol Level
          **Activity**: Goggles
          **Project**

Feb 20:  **Concept 20**: The Use and Abuse of Other Drugs
         **Concept 21**: Preventing Sexually Transmitted Diseases
         **Lab 20A**: Use and Abuse of Other Drugs
         **Project**

Feb 27:  **Concept 22**: Cancer, Diabetes, and Other Health Threats
         **Concept 23**: Becoming an Informed Consumer
         **Lab 23A**: Evaluating Products
         **Project**

March 6: No Class – Spring Break – Enjoy!

March 13: Paper Due
          Quiz # 1
March 20:  **Concept 13**: Body Composition  
**Concept 3**: Preparing for Physical Activity  
**Concept 4**: The Health Benefits of Physical Activity  
**Concept 5**: How Much Physical Activity is Enough?  
**Lab**: Determining personal body fat

March 27:  **Concept 6**: Moderate Physical Activity  
**Activity Lab 3A**: Readiness for Physical Activity  
Project

April 3:  **Concept 9**: Flexibility  
**Activity**: Stretching Routines  
**Lab 9A**: Evaluating Flexibility  
Project

April 10:  **Concept 7**: Cardiovascular Fitness  
**Activity**: Timed Mile  
**Lab7B**: Evaluating Cardiovascular Fitness  
Project

April 17:  **Concept 10**: Muscular Fitness and Resistance Exercises  
**Activity**: Weight Room  
Project

April 24:  **Concept 8**: Active Aerobics, Sports, and Recreational Activities  
**Concept 11**: Body Mechanics  
Test Review

May 1:  Paper Due  
Quiz # 2  
Course Evaluations