

I. CATALOG DESCRIPTION:

- A. Department Information:
Division: Physical Education, Athletics & Health
Department: Physical Education
Course ID: PE/I 127X4
Course Title: Walking for Fitness
Units: 1
Lecture: None
Lab: 3 Hours
Prerequisite: None
- B. Catalog and Schedule Description:
This course is designed to the various techniques and strategies of walking for fitness. Emphasis will be on developing cardiovascular efficiency and providing the students information that encourages lifelong fitness.

II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: Four

III. EXPECTED OUTCOMES FOR STUDENTS

Upon successful completion of level one of this course, the student should be able to:

- A. Perform flexibility and warm up exercises
- B. Describe the basic principles of cardiovascular fitness and training
- C. Demonstrate beginning level walking
- D. Measure resting, active, and recovery heart rates
- E. Demonstrate beginning level knowledge of safety and injury prevention
- F. Walk two miles in 40 minutes or less

Upon successful completion of level two of this course, the student should be able to:

- A. Lead other students through a series of flexibility and warm up exercises
- B. Demonstrate low intermediate knowledge of cardiovascular fitness and training
- C. Demonstrate low intermediate level walking mechanics
- D. Demonstrate intermediate level knowledge of safety and injury prevention
- E. Walk three miles in 50 minutes or less

Upon successful completion of level three of this course, the student should be able to:

- A. Demonstrate high intermediate knowledge of cardiovascular fitness and training
- B. Demonstrate high intermediate level of walking mechanics
- C. Demonstrate advanced level knowledge of safety and injury prevention
- D. Walk four miles in 60 minutes or less

Upon successful completion of level four of this course, the student should be able to:

- A. Demonstrate advanced knowledge of cardiovascular fitness and training
- B. Demonstrate advanced level walking mechanics
- C. Walk five miles in 75 minutes or less

IV. CONTENT:

- A. Introduction
 - 1. Walking as a fundamental activity
 - 2. Benefits of walking
- B. Safety, Hydration, and Nutrition
 - 1. Safe walking strategies
 - 2. Appropriate dress
 - 3. Stretching

4. Warm up
 5. Cool down
 6. Training precautions
 7. Hydration
 8. Recovery
 9. Dietary concerns
- C. Walking Mechanics
1. Breathing
 2. Leg Movement
 3. Arm movement
 4. Foot placement
 5. Body carriage
 6. Relaxation
- D. Developmental Areas
1. Reading heart rate
 2. Improving cardiovascular fitness
 3. Fitness testing techniques
 4. Managing pace
 5. Walking on differing terrains
 6. Varying your workouts
 7. Strategies for increasing metabolism

V. METHODS OF INSTRUCTION: (Please check all that apply and add any additional not listed)

- Lecture
- Class and/or small group discussion
- Critical evaluation of texts, newspapers, journal articles, and other printed research
- Critical evaluation of films, videotapes, audiotapes, or other media forms
- Classroom demonstrations
- Field trips
- Guest speakers
- Other:
- Other:

VI. TYPICAL OUT-OF-CLASS ASSIGNMENTS:

- A. Reading Assignment. Reading assignments are required and may include (but are not limited to) the following: After reading a journal article on walking for fitness, discuss in small groups the importance of proper hydration and nutrition.
- B. Writing Assignment. Writing assignments are required and may include (but are not limited to) the following: Write a 2-page paper identifying the various reasons why one might choose walking over running as his/her primary fitness activity.
- C. Critical Thinking Assignment. Critical thinking assignments are required and may include (but are not limited to) the following: Compare and contrast the cardiovascular effects of a 75 minute walk at a 20 minute/mile pace vs. a 30 minute walk at 15 a minute/mile pace.

VII. EVALUATION:

A student's grade will be based on multiple measures of performance and will reflect the objectives explained above. A final grade of "C" or better should indicate that the student has the ability to successfully apply the principles and techniques taught in this course. These evaluation methods may include, but are not limited to, the following (Please check all that apply, and add additional not listed):

- Portfolios
- Projects

- Written papers or reports
- Presentations (oral and visual)
- Work performance (internships or field work)
- Lab work
- Comprehensive examinations (cumulative finals or certifications)
- Peer evaluation
- Self evaluation
- Classroom participation
- Homework
- Other
- Other

VIII. TYPICAL TEXT(S):

- A. Barough, Nina. Walking for Fitness. DK Publishing, 2003.
- B. Seiger, James. Walking for Fitness. McGraw-Hill, 2001.
- C. Fenton, Mark. Walking Magazine: The Complete Guide to Walking for Health, Fitness, and Weight Loss. The Lyons Press, 2001.

IX. OTHER SUPPLIES REQUIRED OF STUDENTS:

- A. Quality walking shoes