

FITNESS WALKING M/W 10:00-10:50am

PE 16 SECTION #51164

Fall 2012 Class Location: Track

TEXT: Fitness Walking 2nd Ed.
"Therese Iknioian"

INSTRUCTOR: SCOTT STARK

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OFFICE: PE 320C

OFFICE PHONE: 638-3596

OFFICE HOURS: M/W 12:00pm

COURSE DESCRIPTION:

1. To increase each individual's level of cardiovascular and muscular endurance.
2. To learn the how, what, and why of proper fitness to help with general wellness and weight control.

COURSE OBJECTIVES:

Students will be able to:

1. Describe proper fitness walking technique.
2. Measure target heart rate during exercise sessions.
3. Improve fitness level through exercise.
4. Explain the benefits of participating in lifelong fitness activities.
5. Recognize the mental benefits of fitness.
6. Understand the basic principles for rehabilitating injuries associated with physical fitness.
7. Identify the proper foot wear for fitness walking
8. Evaluate personal level of cardiovascular efficiency.

COURSE OUTCOMES:

1. Students will be able to apply strategies for maintaining physical fitness by designing a personal fitness walking program.
2. Students will be able to distinguish how exercising has had a positive impact on their current overall fitness levels.
3. Students will be able to assess the value of cross-training as it relates to fitness walking.

COURSE GUIDELINES:

1. Students must dress out and participate in all class sessions. **PROPER** attire must be worn each day, including tennis shoes and socks. Lockers will be available.
2. Students will be required to perform the Rockport Walk Test four times during the semester.
3. Students will be required to log in their walking distance and training heart-rate at the end of each class period.
4. Students will be required to take a final examination.
5. Students should report all injuries immediately to the instructor.

6. It is recommended that anyone 40 years of age or older have a physical exam and a doctor's clearance before participating.

GRADING PROCEDURE:

Participation – ½ of grade is based on attendance.

12 minute Rockport Walk Tests – (must show improvement)

Walking Test #1 – Wednesday, August 29th

Walking Test #2 – Wednesday, September 19th

Walking Test #3 – Wednesday, October 24th

Walking Test #4 – Wednesday, November 21st

Final Examination – Wednesday, December 10th @ 10:00am

GRADE DETERMINATION:

- A.....3 or less absences, participate in two Walk Tests, and 75% or better on both exams.
B.....5 or fewer absences, participate in two Walk tests, and 70% or better on both exams.
C.....7 or fewer absences, participate in two Walk Tests, and 65% or better on both exams.
D.....9 or fewer absences, participate in only one of the Walk Tests, and 60% or better on both exams.
F.....10 or more absences, and anything less than the above.

ACCOMMODATION STATEMENT:

If you have a verified need for an academic accommodation or materials in alternate media (i.e. Braille, large print, electronic text, etc) as per the Americans with Disabilities Act (ADA) or Section 504 of the Rehabilitation Act, please contact me as soon as possible.

DROP POLICY:

October 12, 2012 IS THE LAST DAY TO DROP W/O GETTING A LETTER GRADE!!

SCHOOL HOLIDAYS:

1. September 3rd (Labor Day)
2. November 12th (Veterans Day)
3. November 22nd-23rd (Thanksgiving)