

# REEDLEY COLLEGE

## Fitness Walking

P.E. 16

Mon. –Thur. 7:00 – 9:05

June 21 - July 29, 2021 (Six Weeks)

Instructor: Bobbi Monk

### COURSE DESCRIPTION

This course is designed for students to increase each individual's level of cardiovascular and muscular endurance. It is also designed to make students aware of why, what, and how important "walking" can be to help with general wellness and weight control.

### PARTICIPATION

Your participation is very important. You will be allowed 3 absences without penalty. **After the 2<sup>nd</sup> absence, your grade will drop one grade level, and continue to drop. Late after 7:10, is considered an absence & 3 tardies (7:05-7:10) will constitute an absence.** You must participate and apply the knowledge/skills each class meeting, making "mastery attempt." **Not participating in class or not wearing proper attire will result in an Absence for the day.**

0 Absences	=	A+
1-2	"	= A
3	"	= B
4	"	= C
5	"	= D
6	"	= F

**On the 7<sup>th</sup> absence, your current overall grade drops a whole letter grade.**

\*\*\* This P.E. Dept. no longer allows make ups for absences. Student will need to choose absences wisely!

THREE CONSECUTIVE ABSENCES, without notification and not attending class on a regular basis, the student will be dropped from class. **It is the student's RESPONSIBILITY to drop a class you do not want to attend.**

### PERFORMANCE

Your performance grade will be based on the quality of your workout according to the Rockport Test and the Cooper's Norms. You must show a substantial improvement each time you take the skills test to obtain a better grade. Not taking a skills test will drop your grade (1) grade level. All skill grades will be averaged out for the Final skills grade.

PARTICIPATION	34%	PERFORMANCE SCORES	33%
WRITTEN EXAMS	33%	= FINAL GRADE	

### Grading Policy

A++ = 107 ½% and Above  
A+ = 102 ½% - 107% of total points + Ex. Credit  
A = 90% - 102% " " " "  
B = 80% - 89% " " " "  
C = 70% - 79% " " " "  
D = 60% - 69% " " " "  
F = 50% and Below

### Course Outline

Track and Out in the fields behind College

- |                                    |                                 |
|------------------------------------|---------------------------------|
| 1. Body measurements/body fat %    | 4. Rails to Trails (5miles)     |
| 2. Track workouts                  | 5. Tests: Written exams         |
| 3. Trails ranging from (2-5 miles) | 6. (4) Timed (1mile) walk tests |

TEXT: I will hand out a study guide from a group of books.

### INSTRUCTIONAL CALENDAR SUMMER 2021

June 21 (M) Instruction Begins  
July 5 (M) Fourth of July Holiday – No classes  
July 30 (F) End of Summer class.

### NOTE \*\*\*

**Students must dress out to participate in all class sessions.** Proper attire must be worn includes: exercise clothing, tennis shoes and socks. SELECTING THE PROPER SHOE IS VERY IMPORTANT IN REDUCING THE RISK OF THE INJURY TO FEET, KNEES, ANKLES AND SHINS. **Not wearing proper attire will not allow you to participate; which will result in an absence!**

Reedley College – 638-3641 – Leave messages for Bobbi Monk  
Voice-mail – Ext. 6641 / office ext. 3672

**E-mail: [bobbi.monk@reedleycollege.edu](mailto:bobbi.monk@reedleycollege.edu)**

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

**Course Objectives:**

1. Increase student Fitness Levels
2. Understanding of Basic heart rate principles and how it applies To exercise and training.
3. For students to get a better understanding of Fitness and an Appreciation of exercise at the personal level.
4. Plan, implement, and practice appropriate fitness and nutritional activities that promote improved levels of muscular strength & endurance, cardiovascular endurance, flexibility, and body composition.
5. Enjoy and have fun.

**Course Outcomes:**

1. Participation in regular timed fitness walks with time and distance increasing as semester progresses. Improvement evaluated by pre/post testing with periodic testing throughout the semester.
2. Develop an understanding of how walking combined with good nutrition, sleep, etc., can positively influence their fitness level and promote a healthy. Active lifestyle.
3. To give students a better understanding of how various types of fitness training can enhance everyday life.
4. Apply the Five components of physical fitness and understand How they relate to the development of overall physical fitness.

**TEST DATES: SUMMER 2021 - Fitness Walking PE 16 (6 weeks)**

June 21 (Mon) Instruction Begins – Fill out Med Sheet/ Calculate  
THR / Walk track  
June 22 (Tu) Take Body Measurements / WALK  
June 23 (Wed) Walk trail  
June 24 (Thur) Walk Trail

**June 28 (Mon) Extra Credit Due – Pulses & Calculate (1) THR (10pts/-1AB)  
Quiz on Syllabus – 5 Things which affect your Grade (5pts)**

**June 29 (Tu) Study session – Bring study –guide / Walk trail**

**June 30 (Wed) 1<sup>st</sup> – 1 mile walk test – Meet at Track**

**July 1 (Thur) Walk – 1<sup>st</sup> Written Exam**

July 5 (Mon) Walk Trail

July 6 (Tu) Walk trail

July 7 (Wed) Walk Trail

**July 8 (Thur) 2nd Mile Walk Test / Walk trail**

**July 12 (Mon) Study session – Bring study-guide / Walk**

**July 13 (Tu) Walk trail / Healthy Recipe Due – (5pts / -1AB)**

July 14 (Wed) Walk trail

**July 15 (Thur) Walk / 2<sup>nd</sup> Written Exam**

July 19 (Mon) Walk trail

July 20 (Tu) Walk trail

July 21 (Wed) Walk trail

**July 22 (Thur) 3<sup>rd</sup> 1 mile walk test**

July 26 (Mon) **Rails to Trails (5miles)** Meet at the Road in front of dorms

**July 27 (Tu) Walk / Final Written Exam**

**July 28 (Wed) 4<sup>th</sup> Mile Walk Test / Walk**

July 29 (Thur) Taking Body Measurements / Last day of class and

**\*\*\*BE PREPARED TO WALK EVERYDAY!**

**\*\*\*\*If you must miss a test, prior arrangements must be made with the instructor, or No make ups will be allowed. NO EXCEPTIONS !!!**

REEDLEY COLLEGE  
Fitness Walking  
P.E. 16  
Mon. –Thur. 7:00 – 10:20  
May 22 - June 16, 2017 (Four Weeks)

COURSE DESCRIPTION

This course is designed for students to increase each individual's level of cardiovascular and muscular endurance. It is also designed to make students aware of why, what, and how important "walking" can be to help with general wellness and weight control.

PARTICIPATION

Your participation is very important. You will be allowed 3 absences without penalty. **After the 2nd absences, your grade will drop one grade level, and continue to drop. Late after 7:10, is considered an absence & 3 tardies (7:06-7:10) will constitute an absence.** You must participate and apply the knowledge/skills each class meeting, making "mastery attempt." **Not participating in class or not wearing proper attire will result in NO Credit for the day.**

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PERFORMANCE

Your performance grade will be based on the quality of your workout according the Rockport Test and Cooper's Norms. You must show a substantial improvement each time you take the skills test to

obtain a better grade. Not taking a skills test will drop your grade (1) grade level. All skill grades will be averaged out for the Final skills grade.

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D = 60% - 69%       “   “   “   “  
F = 50% and Below

TEXT: **Fitness Walking – Therse Iknoian**  
INSTRUCTIONAL CALENDAR SUMMER 2016  
May 22 (M) Instruction Begins  
June 15 (Th) Last day of class for the 4 week session

#### NOTE \*\*\*

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## TEST DATES SUMMER 2017

May 22 (M) Instruction Began  
May 23 (T) Instruction Begins: Take Blood Pressure / Pulse / Calculate THR  
May 24 (W) Take Body Measurements  
May 25 (Th) Quiz on Syllabus(5 things which affect your Grade)/ 1<sup>st</sup> 1 mile walk test

May 29 (M) Memorial Holiday -- NO Classes

May 30 (T) Extra Credit Due – Pulses & Calculate (1) THR – (10 pts/-1AB)  
Study session – Bring study guide / Walk  
May 31 (W) Walk /Written Exam  
June 1(Th) 2<sup>nd</sup> Walk test / Walk /Assign Extra Credit – Healthy recipe

June 5 (M) Study session – Bring study guide / Walk  
June 6(T) Walk  
June 7 (W) Walk / Written Exam  
June 8 (Th) 3<sup>rd</sup> Walk test / Walk

June 12 (M) Rails to Trails (5 miles) Meet at Gazebo next to dorms  
June 13 (T) Walk / Final Written exam  
June 14 (W) Final Walk test / Walk  
June 15 (Th) Take Measurements & Blood Pressure / Walk

**\*\*\*BE PREPARED TO WALK EVERYDAY!**

**\*\*\*\*If you must Miss a test, Prior arrangements must be made with the Instructor, or “NO” make ups will be allowed. NO EXCEPTIONS!!!**

