

Reedley College
PE-16-56238 Fitness Walking - Summer 2021 Course Syllabus

Course Title: Fitness Walking
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Fitness Walking. Kinoian, Therese ; Human Kinetics 2005;
Fenton, M. The Complete Guide to Walking: For Health, Weight Loss, and Fitness, The Lyons Press, 2005

CATALOG DESCRIPTION:

This course is designed to expose students to the benefits of exercise through fitness walking and to the principles of exercise, which will increase cardiovascular conditioning, endurance, flexibility and methods of releasing body tension. (A, CSU, UC)

STUDENT LEARNING OUTCOMES (SLOs) FOR THIS COURSE:

The following learning outcomes are from the institution's officially approved course outline.

STUDENT LEARNING OUTCOMES (SLO):	Expected SLO Performance:
PE-16 SLO1: Assess the benefits of engaging in life-long leisure activities for lifetime physical fitness.	70
PE-16 SLO2: Demonstrate strategies for maintaining physical fitness by designing a personal fitness walking program.	70
PE-16 SLO3: Distinguish how exercising has had a positive impact on their current overall fitness.	70
PE-16 SLO4: Explain the value of cross-training as related to fitness walking.	70

ADDITIONAL COURSE OUTCOMES:

Upon completion of this course, students be able to:

- A. Assess, evaluate, analyze and critique one's own personal current fitness levels to be able to integrate positive health changes in lifestyle.
- B. Plan, implement, and practice appropriate fitness and nutritional activities that promote improved levels of muscular strength & endurance, cardio-respiratory endurance, flexibility, and body composition.
- C. Apply nutritional knowledge to one's own dietary intake and weight management and their influence on wellness and behavior.
- D. Know the relationship between lifestyle, nutrition, exercise and overall wellness.
- E. Compare and contrast health issues and problems that exist at the local level with ones that exist at the state and national levels.

OBJECTIVES OF THE COURSE:

In the process of completing this course, students will:

- A. describe proper fitness walking technique.
- B. improve fitness level through exercise.
- C. identify the proper foot wear for fitness walking
- D. evaluate personal level of cardiovascular efficiency.
- E. measure target heart rate during exercise sessions.
- F. recognize the mental benefits of fitness.
- G. explain the benefits of participating in lifelong fitness activities.
- H. **Have Fun and Enjoy Yourself!**

1. CLASS PARTICIPATION

Participation in both the fitness walks (either indoors or outdoors) and on the class's online environment is very important and is essential for academic and overall physical fitness success. The participation requirements are listed below. Please message me if you have any questions.

- *Those with Smartphones will be required to download a free version of a fitness walking app called **MapMyWalk** (Under Armour) GPS Walking and Workout Tracker. If you do not have a Smartphone, please let me know immediately so other arrangements may be made.*
- *When posted, you are expected to participate a minimum of **two (2)** times in the class Discussion Forum in Canvas covering topics on warm-up exercises, walking, general fitness, nutrition, cardiovascular system, hydration, injuries, and cool down exercises. *(1) First, respond to the weekly discussion question, and then (2) read a classmate's comment and respond to their contribution to that week's DQ. Weekly discussion question (DQ) responses should be at least 100 words. Responses to your classmates should be in the range of 50 or more words.*
- *Each week you are expected to participate a minimum of **two (2)** fitness walks of designated distances, starting with a minimum of 1 mile, then advancing to 2 miles, and the finally advancing to 3 miles each. Using the MapMyWalk app, take a screen shot showing the date, time of fitness walk, and the distance of the walk and submit it using the appropriate link in Canvas. Also, list the information in your Walking Journal.*
- *You are expected to participate in at least **four (4)** of the class Zoom informational meetings that will be scheduled for Weeks one (1) thorough Week six (6).*

2. CLASS REQUIREMENTS

In addition to the activities listed above under Class Participation, Students will complete the following assignments to demonstrate their understanding of the course learning objectives:

- Students must keep a Walking Journal, in either Word, Excel, or PDF format, and must record the following each time you run: time of day, distance, total walking time, average minute/mile time, weather, how you felt about the walk (pre and post), any pertinent nutrition or hydration notes, and examine the benefits and techniques of stretching correctly before and after walking. This will be reviewed **two (2)** times, at **Week three (3)** and against **Week six (6)**. The Walking Journals will be turned in at the end of the course, **Week six (6)**.
- Students will use online resources to review and describe the benefits of fitness walking.
- Students will determine and set their fitness goals and complete the Fitness Walking Goals worksheet on Canvas.
- Students will evaluate and complete his/her personal health and fitness level questionnaire on Canvas.
- Students will complete the cardiovascular health and fitness sheet.
- Students will keep a log of their daily diet for ten days and evaluate each day using the nutrition rubric posted on Canvas.
- Students will fashion one healthy meal including nutritional labeling information, which will be added to their nutrition rubric.

3. METHODS OF EVALUATION:

50% - Class Participation

25% - Skill Demonstration(s)

25% - Exams/Quizzes

- **Completion of at least two (2) fitness walking exams with demonstrated improvement.**

A. Class Participation (120 total points)

- **Two (2)** weekly fitness walks with progression (1 mile to 2 miles to 3 miles) / (**70 points** – 5 points each/ 10 points for 6 weeks)
- **Six (6)** Discussion Questions (DQ) and responses (**30 points** – 5 points each)
- **Four (4)** of the six (6) Zoom meetings (**20 points**; 5 points each session)

B. Skill Demonstrations, Walking Strategies and Technique (60 total points)

- Complete different fitness walking exercises varying in distance, intervals and time and document on provided forms. (**10 points**)
- Complete the Fitness Walking Analysis Form. This form includes questions regarding: motivation, endurance, mental attitude, nutrition, performance benefits and techniques of stretching correctly before and after walking. (**5 points**)
- Maintain a **six (6)** week Walking Journal. (**20 points**)
- Complete the “Walking for Fitness Goals” worksheet, where you will determine and set your fitness walking goals for the class. (**5 points**)
- Complete the Evaluation Questionnaire of your current health and fitness level (i.e.: beginner, intermediate, advanced). (**5 points**)
- Complete the Cardiovascular Endurance Assessment sheet (**5 points**).

- Create one healthy meal including nutritional labeling information to be entered on a nutrition rubric that you will create and use to keep a log of your daily diet for ten consecutive days. (**10 points**)

C. Exams/Quizzes (60 total points)

- **Four (4)** quizzes (**20 points**; 5 points each)
- **Two (2)** fitness walking exams, with demonstrated improvement. (**40 points** – 20 points each); the fitness walking exams will take place during two (2) of the six (6) weeks.

4. COURSE MATERIAL:

Students will use online resources to review and describe the benefits of fitness walking.

Course Study Guide Web Sites:

- <http://www.nutritionj.com/>
- <http://www.thewalkingsite.com/beginner.html>
- <http://www.foodproductiondaily.com/news/ng.asp?id=27321-legislation-to-cut>
- http://www.emedicinehealth.com/walking_for_fitness/article_em.htm
- http://www.active.com/walking/Articles/The_physical_and_psychological_benefits_of_walking.htm
- <http://health.howstuffworks.com/wellness/diet-fitness/exercise/benefits-of-walking.htm>
- https://www.medicinenet.com/10_tips_for_fitness_walking/views.htm
- <https://www.wikihow.com/Create-a-Personal-Fitness-Plan>
- <https://www.webmd.com/fitness-exercise/guide/exercise-weight-control>
- <https://www.webmd.com/fitness-exercise/guide/exercise-weight-control>
- <https://health.cvs.com/GetContent.aspx?token=f75979d3-9c7c-4b16-af56-3e122a3f19e3&chunkiid=42913>
- <https://www.webmd.com/fitness-exercise/features/how-to-stretch#1>
- <https://www.realbuzz.com/articles-interests/fitness/article/how-to-stretch-correctly-and-improve-your-overall-flexibility/>
- <https://www.bodybuilding.com/content/how-to-stretch-properly-the-dos-and-donts-of-stretching.html>

5. FITNESS WALKING EXAMS/ QUIZZES

Throughout the 6 weeks of the course there will be a total of four (4) short quizzes worth 5 points each. Quizzes may include *multiple choice, fill in the blank, matching, or short answer questions*. Course material to be covered on the quizzes will be posted on Canvas. There will also be two (2) fitness walking exams, with demonstrated improvement. (**40 points**–20 points each). The fitness walking exams will take place during two (2) of the six (6) weeks.

Quizzes **cannot be made up!** Each quiz will stay **open for one week**. The scheduled weeks are listed below in the weekly schedule. Quizzes must be taken in one sitting. Please make sure that you allow yourself enough time to start and complete the quiz and use a reliable Internet service so that there is no interruption.

Weekly Schedule / Assignments

WEEK 1	June 21st - June 27th	POINTS
Welcome and Introduction Zoom Meeting.	Week 1	5
Review Course Syllabus.		5
Participation - Discussion Question #1 and Response		5
What is a Fitness Walk?		5
Stretching for Fitness Walking		5
Complete Walking For Fitness Goals worksheet		5
How Fit Are You? See How You Measure Up- Mayo Clinic		5
Establishing a Fitness Level		5
Fitness Walk – Distance 1.0 mile		5
Fitness Walk – Distance 1.0 mile	5	
Total Weekly Points		35
WEEK 2	June 28th – July 4th	POINTS
Participation - Discussion Question #2 and Response	Week 2	5
Complete 5 Different Walking Exercises		5
Pre-Workout Warm-up		10
<i>Quiz #1 (Covers Materials from Week 1 & 2)</i>		5
Fitness Walk w/exercises – Distance 1.0 mile		5
Fitness Walk w/exercises – Distance 1.0 mile		5
Zoom Meeting		5
Total Weekly Points		
WEEK 3	July 5th – July 11th	POINTS
Participation - Discussion Question #3 and Response	Week 3	5
Cardiovascular Endurance Assessment Due		5
Walking Journal Review #1		10
Fitness Walk w/exercises – Distance 2.0 mile		5
Fitness Walk w/exercises – Distance 2.0 mile		5
6 Tips to Improve Your Fitness Walks		3
Zoom Meeting		5
<i>Quiz #2 (Covers Cardiovascular System/Exercises)</i>		5
Total Weekly Points		43

Weekly Schedule / Assignments (Continued)

WEEK 4	July 12th – July 18th	POINTS
Participation - Discussion Question #4 and Response	Week 4	5
Fitness Walking Exam #1 (Covering Weeks 1-3)		20
Fitness Walk w/exercises – Distance 2.0 mile		5
Fitness Walk w/exercises – Distance 2.0 mile		5
Complete Fitness Walking Analysis Form		5
Zoom Meeting		5
Total Weekly Points		45
WEEK 5	July 19th – July 25th	POINTS
Participation - Discussion Question #5 and Response	Week 5	5
Complete a healthy meal/ 10-day dietary journal/Nutrition Rubric		10
<i>Quiz #3 (Covers Nutrition Materials from Week 5)</i>		5
Fitness Walk w/exercises – Distance 3.0 mile		5
Fitness Walk w/exercises – Distance 3.0 mile		5
Zoom Meeting		5
Total Weekly Points		35
WEEK 6	July 26th – July 30th	POINTS
Participation - Discussion Question #6 and Response	Week 6	5
Fitness Walking Exam #2		20
<i>Quiz #4 (Covers the Different Fitness Exercises)</i>		5
Zoom Meeting		5
Walking Journal Final Review		10
Fitness Walk w/exercises – Distance 3.0 mile		5
Fitness Walk w/exercises – Distance 3.0 mile		5
Total Weekly Points	55	
Total PE-16-56238 Summer Session Points		253

**All Course Work is
Due by July 30th @Midnight**

Grading Scale:

Percentage %	Points	Grade
90 or above	228 or Above	A
80-89	202 to 227	B
70-79	177 to 201	C
65-69	164 to 200	D
64 or Below	<163	F

Academic Honesty Policy:

Students are expected to abide by ethical standards in preparing and presenting material which demonstrates their level of knowledge and which is used to determine grades. Such standards are founded on the basic concepts of honesty and integrity. Students who are caught cheating or plagiarizing will be reported to the Reedley College Dean's office.

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

You are responsible for dropping yourself from this course before the drop deadline if you can't meet the course expectations. Students who don't participate in the first discussion forum will be dropped. Students who don't turn in any assignments within the first week will also be dropped. Please communicate with me if you are experiencing any hardships that may affect your participation or turning in of assignments.

***The syllabus is subject to change at any time throughout the quarter.**

You will be notified of any changes and they will be posted in bold

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