

FITNESS WALKING
PE 16
FALL 1998
TEXT: Fitness Walking,
by Therese Iknoian

REEDLEY COLLEGE
INSTRUCTOR: SHANNON VESSUP
OFFICE: PE 319
PHONE: 638-0344
OFFICE HOUR: MW-11am TU-10am

COURSE DESCRIPTION:

1. To increase each individuals level of cardiovascular and muscle endurance.
2. To learn the why, what, and how of proper fitness to help with weight control.

COURSE OBJECTIVES:

1. Increased Fitness.
2. For students to get a better understanding of fitness at the personal level.
3. For students to gain an appreciation of exercise.

COURSE RULES:

1. Students must dress out and participate in all class sessions. Proper attire must be worn each day including tennis shoes and socks.
2. Students will be required to perform the Rockport Walk Test at least twice during the summer class sessions.
3. Students will be required to log in their walking distance and their ending heart-rate at the end of each class period.
4. Students will be required to take a final examination.
5. Report all injuries immediately.
6. It is recommended that anyone 40 years or older have a physical exam and a doctor's clearance before they participate.

GRADING PROCEDURE:

Participation
12 minute walk/run Tests
Pretest - August 26 and Post-test - December 7, 1998
Midterm Exam - October 14, 1998
Final Exam - December 9, 1998

GRADE DETERMINATION:

- A.....3 or less absences, participate in both Walk Tests, and 75% or better on both exams.
B.....4 or fewer absences, participate in both Walk tests, and 70% or better on both exams.
C.....5 or fewer absences, participate in both Walk Tests, and 65% or better on both exams.
D.....6 or fewer absences, participate in only one of the Walk Tests, and 60% or better on both exams.
F.....Anything less than the above.

Any students having physical disabilities must report them to the instructor in writing to prevent injury.

OCTOBER 16TH IS THE LAST DAY TO DROP W/O GETTING A LETTER GRADE!!

FIGURE 1.4 How to Figure Your Target Heart Rate Training Zone

Three basic factors enter into figuring your estimated safe exercise zone. These must be established first:

1. Current age: _____
2. How active is your lifestyle? _____ % MHR

If you are: (Choose one and place on the line above):

- Nonathletic adult: use 50% of your maximum heart rate.
- Sedentary: use 60%–69% of your maximum heart rate (but only for the first 2 or 3 weeks).
- Moderately physically active: use 70%–75% of your maximum heart rate.
- Active and well-trained: use 80%–85% of your maximum heart rate.

3. Your average resting heart rate (just figured): _____

Now place your numbers in the Karvonen formula:

A. 220 (Index number) $-$ _____ (Your age) $=$ _____ Estimated maximal heart rate (MHR)

B. _____ MHR $-$ _____ Resting HR $=$ _____ Heart Rate Reserve

C. _____ Heart Rate Reserve \times _____ Lower end lifestyle activity range (i.e. #2 above) $=$ _____ + Resting HR $=$ _____

_____ Heart Rate Reserve \times _____ Higher end lifestyle activity range (i.e. #2 above) $=$ _____ + Resting HR $=$ _____

RANGE

RANGE OF YOUR TARGET _____ * This range is your estimated safe exercise zone. Keep your heart rate working in this range while you exercise aerobically for approximately 30 minutes of each session.

_____ * Refigure as you "age," as you can reclassify your lifestyle percentage, or as your resting heart rate declines markedly.

For example: Chris is 20 years old, a moderately active person (70%–75% range), with a resting heart rate of 62

- A. $220 - 20 = 200$ MHR
- B. $200 - 62 = 138$ Heart rate reserve
- C. $138 \times .70 = 96 + 62 = 158^*$
 $138 \times .75 = 104 + 62 = 166^*$) Target heart rate training zone

If Chris keeps working (aerobically exercising) at the range of 158 to 166 heartbeats per minute, the heart would be working safely toward the training effect.