

**FITNESS WALKING**

PE 16

SPRING 2000

TEXT: Fitness Walking,  
by Therese Iknoian

**REEDLEY COLLEGE**

INSTRUCTOR: SHANNON JEFFERIES

OFFICE: PE 319

PHONE: 638-0344

OFFICE HOUR: MW-11:00 TU-10:00

**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 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. 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 Rockport Walk Tests

Pretest - **January 26, 2000** Post-test - **May 3, 2000**

Midterm Exam - **March 8, 2000**

Final Exam - **May 10, 2000**

**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.**

**\* March 10, 2000 IS THE LAST DAY TO DROP W/O GETTING A LETTER GRADE!!**

*Attendance*

Name \_\_\_\_\_

**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.