



995 North Reed Avenue, Reedley, CA 93654 Phone: 559-638-3641 FAX: 559-638-5040

**REEDLEY COLLEGE PHYSICAL EDUCATION DEPARTMENT**

**P.E. INSTRUCTOR:** JACK HACKER  
OFFICE PHONE: 559 . 638 . 0303  
OFFICE LOCALE: PE OFFICE 320 A  
E- MAIL ADDRESS:  
jack.hacker@reedleycollege.edu

**OFFICE HOURS:** MWF -- 11:00 AM -- 12:00 PM

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**COURSE NAME:** P.E. 16 -- FITNESS WALKING

**COURSE CODE NO:** 51163

**SEMESTER:** FALL -- 2011

**CLASS MEETING DAYS / TIME:** MON. / WED. -- 5:00 -- 5:00 PM

**CLASS MEETING ROOM:** RC TRACK

**DROP DEADLINE:** FRIDAY -- OCTOBER 14

**FINAL EXAM DATE:** MONDAY -- DEC. 12 -- 5:00 -- 6:50 PM

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**REQUIRED MATERIALS:**

- **STUDENTS NEED TO WEAR APPROPRIATE ATTIRE & SHOES FOR A P.E. ACTIVITY CLASS**
- **PREREQUISITES: NONE**

PE16SYLLABI



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**HOLIDAYS THIS SEMESTER:**

- 1. MONDAY -- SEPTEMBER 5 -- LABOR DAY**
- 2. FRIDAY -- NOVEMBER 11 -- VETERAN'S DAY**
- 3. THURSDAY & FRIDAY -- NOV. 24 -- 25 -- THANKSGIVING**
- 4. FINALS WEEK >> DECEMBER 12 -- 16**

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**GRADING PROCEDURES:**

**GRADES WILL BE DETERMINED ON A TOTAL POINT SYSTEM.**

**GRADES WILL BE BASED ON PERCENTAGE OF TOTAL POINTS:**

**A = 90% OF POINT TOTAL**

**C = 70% OF POINT TOTAL**

**B = 80 % OF POINT TOTAL**

**D = 60% OF POINT TOTAL**

**TARDINESS WILL BE COUNTED AS HALF OF AN ABSENCE**

**AFTER THREE ABSENCES, 5 POINTS WILL BE DEDUCTED FROM OVERALL POINT TOTAL FOR EACH ABSENCE OVER THREE.**

**MAKE-UP EXAMS ARE NOT ALLOWED UNLESS ARRANGEMENTS ARE MADE IN ADVANCE OF AN EXAM.**

**STUDENT BEHAVIOR:**

- STUDENTS ARE EXPECTED TO ARRIVE ON TIME TO ALL CLASS MEETINGS.**
- ALL STUDENTS WILL TURN OFF CELL PHONES WHILE CLASS IS IN SESSION.**
- CLASS PARTICIPATION IS ESSENTIAL FOR A STUDENT TO EARN A PASSING GRADE. ALL STUDENTS WILL RESPECT ALL STUDENTS WHO ARE ATTENDING THE CLASS.**
- STUDENTS ARE NOT ALLOWED TO LEAVE CLASS DURING ANY CLASS MEETING WITHOUT PERMISSON FROM THE INSTRUCTOR.**

- **VISITORS ARE NOT ALLOWED IN ANY CLASSROOM SETTING WITHOUT PRIOR APPROVAL BY THE INSTRUCTOR.**
- **FOR P.E. ACTIVITY CLASSES, STUDENTS MUST WEAR APPROPRIATE ATTIRE, SHOES, AND ANY SUPPORT SYSTEM THE BODY REQUIRES. "SCHOOL ATTIRE" WILL NOT BE ALLOWED IN P.E. ACTIVITY CLASSES.**
- **FOR P.E. ACTIVITY CLASSES, IF ANY STUDENT HAS A PREVIOUS INJURY OR DISABILITY THAT COULD CURTAIL ACTIVITY, THE STUDENT MUST NOTIFY THE INSTRUCTOR OF SUCH INJURY OR CONDITION AT THE START OF THE SEMESTER.**
- **ACCOMODATIONS FOR STUDENTS WITH DISABILITIES:**  
***If a student has a verified need for an academic accomodation or materials in alternete media ( i.e., braille, large print, electronic text, etc. ) per the Americans with Disabilities Act (ADA), or section 504 of the Rehabilitation Act, please contact the instructor with this information.***



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**PE 16 -- FITNESS WALKING**

**INSTRUCTOR: J. HACKER**

**COURSE OUTLINE:**

**WEEK 1:**

**NON - DRESS DAYS. REVIEW OF COURSE SYLLABI, CONTENT,  
& PROCEDURES.**

**WEEKS 2, 3, 4:**

**INTRODUCTION OF BASIC WALKING WORKOUT  
(NOTE: HOLIDAY ON MONDAY - SEPT. 6)**

**WEEKS 5, 6, 7:**

**INTRODUCTION OF VARIATION OF WALKING WORKOUT --  
SHORT DISTANCE // INTERMEDIATE DISTANCE // LONG DISTANCE**

**WEEKS 8 & 9:**

**TIMED WALKING DISTANCES.  
WRITTEN EXAM # 1 & SKILL EXAM # 1 DURING WEEK 9.**

**WEEKS 10, 11, 12:**

**VARIATION OF WALKING SKILLS:  
WALKING FORWARD // BACKWARD // SIDEWAYS**

**WEEK 13:**

**TIMED WALKING DISTANCES**

**WEEKS 14, 15, 16:**

**INCREASED WALKING WORKOUT BASED ON PREVIOUS WORKOUTS**

**WEEK 17:**

**TIMED WALKING DISTANCES.  
FINAL SKILL EXAM NOTIFICATION.**

**WEEK 18:**

**FINAL EXAM**

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