

**Reedley College  
Physical Education**

**I. Course Title** Fitness Walking  
**Course Number** PE 16 - 55658  
**Unit Value** 1  
**Time/Location** Spring 2015  
 TTH 5:00-5:50  
 Track  
**Course Instructor** Virginia Thomas  
 Phone: (559) 967-8794  
 E-mail: virginia.thomas@reedleycollege.edu  
 Office Hours: By Appointment

**II. Catalog Description:** This course is designed to meet the individual needs in posture, strength, flexibility, and relaxation, while improving the cardiovascular efficiency and endurance of each student.

**Basic Skills Advisories:** Eligibility for English 125 and 126. (A, CSU, UC)

**III. Recommended Text:** Kunoian, Therese *Fitness Walking*, ed. 2nd edition Human Kinetics, 2005

**IV. Course Outcomes: Upon completion of this course, students will be able to:**

1. Demonstrate strategies for maintaining physical fitness by designing a personal fitness walking program.
2. Distinguish how exercising has had a positive impact on their current overall fitness.
3. Explain the value of cross-training as related to fitness walking.
4. Assess the benefits of engaging in life-long leisure activities for lifetime physical fitness.

**V. Course Objectives: Upon completion of the course the students will:**

1. Describe proper fitness walking technique.
2. Measure target heart rate during exercise sessions.
3. Improve fitness level through exercise.
4. Explain the benefits of participating in lifelong fitness activities.
5. Recognize the mental benefits of fitness.
6. Identify the proper foot wear for fitness walking
7. Evaluate personal level of cardiovascular efficiency.

**VI. Evaluation Procedures:**

ChooseMyPlate Part 1	15 pts
ChooseMyPlate Part 2	15 pts
Workout Logs	25 pts
Personal Fitness Plan	25 pts
Rockport Calculation	5 pts
Rockport Analysis	15 pts
Participation / Labs (3 pts/class period)	100 pts
-1pt = tardy	
-2pt = not dressed out, doesn't participate (class/lab)	
<b>Total:</b>	<b>200 pts</b>

**Grading Scale**

Percent Grade	Total Points
100-90 = A	200-180
89-80 = B	179-160
79-70 = C	159-140
69-60 = D	139-120
59-0 = F	119-0

## VII. Assignments & Activities

**ChooseMyPlate.gov** – There will be two assignments that must be completed on ChooseMyPlate.gov. You must find a computer where you can print of the results from your work on the website. Each assignment is described on the assignment sheet. Complete instructions are available on Blackboard.

**Labs** – There will be a few of labs that we will do in class. Participation in the labs is a required part of the course. When a lab is done in class, you are expected to complete all questions and calculations on the lab sheet and turn it in at the beginning of the next class period (unless otherwise noted). Failure to turn the lab in on time will result in deduction of 2 points from the lab day's participation / lab points. Details for each lab will be given in class.

**Program Development-** You will be required at the end of the semester to develop your own 4 week training program based on your individual training needs and desires. We will be discussing the basic methods of training design throughout the duration of the course. This program should include complete workouts on for 3-4 days a week. You may not repeat one week multiple times, you must have different sets of workouts. You will need to write a 1 page summary of the purposes of the workouts used and how the program reflects your specific training goals. This must be typed and double spaced. Complete instructions are available on Blackboard.

**Exercise Log-** You will be required to keep a log of all the workouts you do in each class period and outside of class. This log will be checked off periodically and will be due for a final check on the day of the final and then returned to you. An example of the format of your training log is as follows:

Name:

Date:

Workout Emphasis:

Warm-up:

Workout:

Distance/Time:

When the Exercise log is checked, I will be looking for an accurate account of each workout that you do, both in and out of class. (If you did not record an in-class workout, you may add an out of class workout to make up for the miss).

**Assignments:** Assignments are due at the beginning of class (5pm on Blackboard) all late assignments will be given half credit. They must be type-written and double spaced and submitted on Blackboard unless otherwise stated. Assignments will be graded on content and correctness of information as well as neatness, professionalism, proper grammar punctuation and spelling. On the occasion that graphic representation of information is used, this must be done on appropriate computer software.

**Tests:** The fitness tests cannot be made up if missed. If you have a conflict please contact me ahead of time to schedule a different time.

You may not bring guests to class unless prior permission is given. Each person must record their own workout in the exercise log with individual time/distance done in each set. Also, you may want to take notes on the lectures at the beginning of class as this information WILL be useful in your assignments.

## VIII. Policies

**Attendance: Attendance is mandatory in the classroom and will be recorded.** If you are unable to be present in class, you are required to inform the instructor **prior to the class period**, and will be noted on the attendance sheet. Because this class involves a lot of hands-on experience, 3 participation points will be given on each day. Participation points will only be given for students who come to class on time, wearing proper attire and participate in all activities to the best of their ability. Failure to come to class on time will result in the deduction of one point. Failure to come to class in proper attire or failure or to participate in class activities will result in a two point deduction. On days were a lab is done, two of the participation points will be dependent on completion of the lab assignment by the day it is due. Students are responsible for all information covered in class and the readings or notes assigned by the instructor.

Excused absences include medical or personal emergencies with proper documentation. Athletes who are traveling with Reedley College athletic teams are excused from class periods missed while on a trip. A travel schedule must be provided to the instructor as soon as possible and each student will need to remind the instructor of upcoming trips one week prior to missing a class. Student athletes will still be responsible to turn all assignments in on time.

**Participation:** Because this course includes a large exercise component, each student is required to participate in all activities done in class. Much of what we will do will require you to do the movement or exercise in order to understand the proper method. Not participating will reflect negatively on how well you learn the material, thus it will also reflect negatively on your grade. Class participation represents 50% of your grade, for each day you do not participate you will lose 3 out of 100 points. If you have a medical or orthopedic issue which will prevent you from participation in any given activity, you need to inform the instructor **immediately** with a documented physicians note. A student who does not attend a class and does not have the appropriate documentation or did not make prior arrangements with the professor will not be allowed to make up work that has been done in class and will not receive participation points for the missed day.

**Attire:** Come to each class dressed appropriately for regular athletic activities (tennis shoes, t-shirts, athletic shorts/pants etc.). Class time will not be given to change into appropriate attire. Bring your workout log or a sheet of paper to write down your workout to copy into your workout log. I recommend a sport watch of some kind for keeping track of pace and times.

### **Safety**

- In order to provide a safe environment, each student will be properly instructed on how to perform the exercises we will use in class. Please listen and follow all directions while I am giving instruction as proper form and technique will prevent injury and enhance your workout.
- If you are injured, make sure to let me know and we will adjust your workout accordingly.
- Please do not chew gum or bring any food or drinks other than water to class.

**Academic Integrity:** Students at Reedley College are entitled to the best education that the college can make available to them, and they, their instructors, and their fellow students share the responsibility to ensure that this education is honestly attained. Because cheating, plagiarism, and collusion in dishonest activities erode the integrity of the college, each student is expected to exert an entirely honest effort in all academic endeavors. Academic dishonesty in any form is a very serious offense and will incur serious consequences.

**Cheating** is the act or attempted act of taking an examination or performing an assigned, evaluated task in a fraudulent or deceptive manner, such as having improper access to answers, in an attempt to gain an unearned academic advantage. Cheating may include, but is not limited to, copying from another's work, supplying one's work to another, giving or receiving copies of examinations without an instructor's permission, using or displaying notes or devices inappropriate to the conditions of the examination, allowing someone other than the officially enrolled student to represent the student, or failing to disclose research results completely.

**Plagiarism** is a specific form of cheating: the use of another's words or ideas without identifying them as such or giving credit to the source. Plagiarism may include, but is not limited to, failing to provide complete citations and references for all work that draws on the ideas, words, or work of others, failing to identify the contributors to work done in collaboration, submitting duplicate work to be evaluated in different courses without the knowledge and consent of the instructors involved, or failing to observe computer security systems and software copyrights.

Incidents of cheating and plagiarism may result in any of a variety of sanctions and penalties, which may range from a failing grade on a particular examination, paper, project, or assignment in question to a failing grade in the course, at the discretion of the instructor and depending on the severity and frequency of the incidents.

**Accommodation for Disability:** If you have a verified need for an academic accommodation or materials in alternate media(i.e., Braille, large print, electronic tex, etc.) per the Americans with Disabilities Act (ADA) or Section 504 of the Rehabilitation Act, please contact me as soon as possible.

**DROP POLICY:** 18-week courses have a drop deadline in the 9<sup>th</sup> week (Mar 13). However, you may be dropped by the instructor at any time after three (3) consecutive unexcused absences or any absences in the first week of class.

**Class Schedule (Subject to change)**

Date	Topic	Reading	Assignment Due
Jan. 13-T	Syllabus		
Jan. 15-TH	Movement Prep / ParQ		
Jan. 20-T	1 Mile Test		Par Q
Jan. 22-TH			
Jan. 27-T			Rockport Calculation
Jan. 29-TH	Workout – Easy Walk 1.5 mi		
Feb. 3-T	Workout – 30 min walk		Workout Log Part 1
Feb. 5-TH	Workout – 2 mi walk		
Feb. 10-T			
Feb. 12-TH	Workout – River Walk		
Feb. 17-T			
Feb. 19-TH	Workout Trail Walk		
Feb. 24-T			ChooseMyPlate Part 1
Feb. 26-TH	Trail Walk		
Mar. 3-T	Trail Walk		Workout Log Part 2
Mar. 5-TH	Interval Walk – 4 x 30s hard / finish lap b/w		
Mar. 10-T			
Mar. 12-TH	Fri- Last Day to Drop w/o Letter Grade		
Mar. 17-T			
Mar. 19-TH			
Mar. 24-T			ChooseMyPlate Part 2
Mar. 26-TH			
Mar. 31-T	SPRING BREAK NO CLASS		
Apr. 2-TH	SPRING BREAK NO CLASS		
Apr. 7-T			Workout Log Part 3
Apr. 9-TH			
Apr. 14-T			
Apr. 16-TH			
Apr. 21-T			
Apr. 23-TH			
Apr. 28-T			
Apr. 30-TH			Personal Fitness Plan
May 5-T	1 Mile Test		Workout Log Part 4
May 7-TH			
May 12-T			Rockport Analysis
May 14-TH			
May 19-T	Final Exam (Normal Class Time)		Workout Log Part 5