

FITNESS WALKING M/W 11:00-12:15pm
PE 16 SECTION #58410
Fall 2019 Class Location: RC Track
TEXT: Walking for Fun & Fitness, 5th Edition
Jerald & Sandra Hawkins

INSTRUCTOR: SCOTT STARK
scott.stark@reedleycollege.edu
OFFICE: PE 336 (Men's Locker Rm)
OFFICE PHONE: 638-3596
OFFICE HOURS: M/W/F 9-10 am
W 8-9 am

COURSE DESCRIPTION:

1. To increase each individual's level of cardiovascular and muscular endurance.
2. To learn the how, what, and why of proper fitness to help with general wellness and weight control.

COURSE OBJECTIVES:

Students will be able to:

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. Understand the basic principles for rehabilitating injuries associated with physical fitness.
7. Identify the proper foot wear for fitness walking
8. Evaluate personal level of cardiovascular efficiency.

COURSE OUTCOMES:

1. Students will be able to apply strategies for maintaining physical fitness by designing a personal fitness walking program.
2. Students will be able to distinguish how exercising has had a positive impact on their current overall fitness levels.
3. Students will be able to assess the value of cross-training as it relates to fitness walking.

COURSE GUIDELINES:

1. Students must dress out and participate in all class sessions. **PROPER** attire must be worn each day, including tennis shoes and socks. Lockers will be available.
2. Students will be required to perform the Rockport Walk Test four times 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. Students should report all injuries immediately to the instructor.
6. It is recommended that anyone 40 years of age or older have a physical exam and a doctor's clearance before participating.

GRADING PROCEDURE:

Participation – ½ of grade is based on attendance.

12 minute Rockport Walk Tests – (must show improvement)

*****(Last Wednesday of every month during Fall semester)*****

Walking Test #1 – Wednesday, August 28th

Walking Test #2 – Wednesday, September 25th

Walking Test #3 – Wednesday, October 30th

Walking Test #4 – Wednesday, November 27th

Final Examination – Wednesday, December 4th @ 11:00-12:15pm

GRADE DETERMINATION:

- A.....3 or less absences, participate in four Walk Tests, and 85% or better on all exams.
- B.....5 or fewer absences, participate in four Walk tests, and 80% or better on all exams.
- C.....7 or fewer absences, participate in three Walk Tests, and 75% or better on those exams.
- D.....9 or fewer absences, participate in two of the Walk Tests, and 65% or better on both exams.
- F.....10 or more absences, and anything less than the above.

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:

FRIDAY, AUGUST 30th THE LAST DAY TO DROP TO AVOID A "W" ON TRANSCRIPT!!
FRIDAY, OCTOBER 11th IS THE LAST DAY TO DROP A FULL LENGTH CLASS (LETTER GRADES ASSIGNED AFTER THIS DATE)

SCHOOL HOLIDAYS:

1. Monday, September 2nd (Labor Day)
2. Friday, November 11th (Veterans Day)
3. Thursday-Friday, November 28th-29th (Thanksgiving Holiday)