

Reedley College
Fitness Walking PE-16 Course Syllabus

Course Title: Fitness Walking
Course Number: PE-16 (57076)
Class Days: Tuesday & Thursday

Instructor: Kevin Rule
Office Hours: By Appointment Only
Time: 7:30am to 8:45am
Location: RC Track

Phone: (775) 997-4523 – cell (please use sparingly) **Required Text:** None
Email: kevin.rule@reedleycollege.edu
Prerequisites: None

CATALOG DESCRIPTION:

This course is designed to expose students to the benefits of exercise through fitness walking and to the principles of exercise, which will increase cardiovascular conditioning, endurance, flexibility and methods of releasing body tension.

COURSE OUTCOMES:

Upon completion of this course, students will be able to:

- A. Integrate fitness walking into a habitual, life-long physical activity.
- B. Evaluate and critique current fitness levels.
- C. Plan, implement, and practice appropriate fitness activities.
- D. Employ effective techniques that promote improved levels of muscular strength, endurance, flexibility, and body composition.
- E. Identify the proper footwear for fitness walking
- F. Most importantly, enjoy and have FUN!

COURSE OBJECTIVES:

In the process of completing this course, students will:

- A. Perform proper walking techniques.
- B. Learn the benefits of fitness walking.
- C. Practice a habit of continuing fitness walking as a life-long goal.

METHODS OF EVALUATION:

1. Participation
2. Objective exams and quizzes
3. Group projects and presentations
4. Current events
5. Written papers

GENERAL COURSE REQUIREMENTS:

1. Attendance/Participation: Attendance and participation are very important. Obviously, you have to be in attendance to participate. One half (50%) of your grade is based on participation during each class.

Your participation grade will be determined by the number of times you attend class, divided by the total number of class meeting times in the semester. A standard (90% + = A etc.) percentage scale will be used.

Excessive absences will affect your grade and may result in being dropped from class. For each unexcused absence (no dress or no participation) you will not earn credit for that class session.

Attendance Policy: You must participate and apply the knowledge/skills each class meeting, making “mastery attempts.” 90% participation = A, 80% participation = B, 70% participation = C, 60% participation = D, 50% participation = F. (% of total possible student contact hours per semester.)

2. Examinations: There will be two fitness exams (midterm and final) and at least one written exam (final). These exams will combine for half (50%) of your final grade. (10% written and 40% skills). A standard (90% + A etc.) scale will be used.

How Your Final Grade Will Be Calculated:

Participation....	50%
Fitness Exam....	40%
Written Exam...	10% =100%

Final Grade Determination:

Participation: 50%	100-90% = A	69-60% = D
Tests: 50%	89-80% = B	59% below =F
Total: 100%	79-70% = C	

Accommodations for Students with Disabilities: If you have special verified needs as addressed by 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 of the 9th week. However, you may be dropped by the instructor at any time after (4) consecutive absences

COURSE EXPECTATIONS:

1. Participation is key for academic and health success. Come ready to walk, workout, exercise, and have FUN!!! The more you miss the more your grade will be affected.
2. Students must dress out in proper gym/walking attire, please wear T-shirts (no tank top), shorts or sweat pants, white/athletic socks and proper shoes. Discrepancies

are up to the instructor's judgment. If you are asked to leave because of improper attire you will lose your participation points for the day

3. Report all injuries immediately. If you have any physical disabilities that may limit you, you must report them in writing to the instructor. Otherwise, full participation is expected.
4. Lockers are available in the P.E. locker room. Please bring your own lock if you wish to secure your things.
5. A positive attitude is always encouraged. Let's have FUN!

***The Syllabus is subject to change throughout the semester. You will be notified by email or on blackboard of any changes.**