

# REEDLEY COLLEGE

Fitness Walking P.E. 16  
Mon. –Wed. 12:00 – 11:59  
Jan. 11 - May 12, 2021  
Instructor: Bobbi Monk

## COURSE DESCRIPTION

This course is designed for students to increase each individual's level of cardiovascular and muscular endurance. It is also designed to make students aware of why, what, and how important "walking" can be to help with general wellness and weight control.

## PARTICIPATION

Your participation is very important. **You will be allowed 3 absences without penalty.** After the 3rd absences, your grade will drop one grade level, and continue to drop. **Not Submitting for the day will constitute an absence.** You must participate and apply the knowledge/skills each class meeting, making "mastery attempt. Not participating in class will result in NO Credit for the day, which will result in an Absence.

	<b>0 Absences = A+</b>
<b>1-3</b>	<b>" = A</b>
4	" = B
5	" = C
6	" = D
7	" = F

On the 8<sup>th</sup> absence, your current overall grade drops a whole letter grade.

\*\*\* This P.E. Dept. no longer allows make ups for absences. Student will need to choose absences wisely!

**THREE CONSECUTIVE ABSENCES**, without notification and not Submitting on a regular basis, the student will be **dropped** from class. **It is the students RESPONSIBILITY to drop a class if you NO longer want to Participate.**

## PERFORMANCE

Your performance grade will be based on the quality of your workout according the Rockport Test and your Sex & Cooper's Norms. You must show a substantial improvement each time you take the skills test to obtain a better grade. Not taking a skills test will drop your grade (1) grade level. All skill grades will be averaged out for the Final skills grade.

PARTICIPATION	34%	PERFORMANCE SCORES	33%
WRITTEN EXAMS	33%	= FINAL GRADE	

Grading Policy

A++	=	107 ½% and Above				
A+	=	102 ½% - 107%	of total points	+ Ex. Credit		
A	=	90% - 102%	"	"	"	"
B	=	80% - 89%	"	"	"	"
C	=	70% - 79%	"	"	"	"
D	=	60% - 69%	"	"	"	"
F	=	50% and Below				

TEXT: Fitness Walking – Study Guides handed out from info in - These lknoian

### INSTRUCTIONAL CALENDAR SPRING 2021

- Jan. 11 (M) Instruction Begins
- Jan. 18(M) Martin Luther King Holiday
- Jan. 29 (Fri) Last day to drop without a "W".
- Feb. 12 (Fri) Last day to change a class To/From Pass/No Pass
- Feb. 12 (Fri) Lincoln day Holiday
- Feb. 15 (M) Washington Day Holiday
- Mar. 12 (Fri) Last day to drop a Semester Course
- Mar. 6 – Apr. 2 (M-F) Spring Recess / Easter Holiday
- May 17-21 (M-F) Final Exams Week

NOTE \*\*\*

**Students must dress out and participate in all class sessions.** Proper attire must be worn includes: exercise clothing, tennis shoes and socks. SELECTING THE PROPER SHOE IS VERY IMPORTANT IN REDUCING THE RISK OF THE INJURY TO FEET, KNEES, ANKLES AND SHINS. Not wearing proper attire , No participate will be allowed, will result in an absence!

Injury/Disclosure: Report all pre-existing medical conditions to Instructor before exercising. Report all injuries to Instructor as soon as they happen.

Reedley College – 638-3641

**E-mail - [bobbi.monk@reedleycollege.edu](mailto:bobbi.monk@reedleycollege.edu)**

Accommodations for students with disabilities-include this statement on syllabus. If you have a verified need for an academic accommodation or materials in alternate media (i.e., Braille, large print, electronic text , etc.) per the American with Disabilities Act (ADA) or Section504 of the Rehabilitation Act, please contact me as soon as possible.

**TEST DATES: SPRING 2021 – Fitness Walking**  
**Mon. – Wed. Submit – 12:00 AM – 11:59 PM**

**Jan. 11 (Mon) Read all Info on Canvas and Submit**

Jan. 13 (Wed) Do workout and Submit

**Jan. 18 (Mon) Martin Luther King Holiday - NO Classes**

**Jan. 20 (Wed) Workout and Make sure to Submit**

**Jan. 27 (Wed) Quiz on Syllabus – 5 things which affect your Grade ( 5pts) / Walk**

Feb. 3 (Wed) Study session – Bring Study-guide – **Highlight all Info & Submit**

**Feb. 10 (Wed) 1<sup>st</sup> Mile Walk Test – Must find a Track to do this test.**

**Feb. 12 (Fri) President’s Holiday**

**Feb. 15 (Mon) President’s Holiday**

**Feb. 24 (Wed) Written Exam**

**Mar. 10 (Wed) 2<sup>nd</sup> Mile Walk Test – Must find a Track to do this Test.**

Mar. 15 (Mon) Study-session -Bring Study-guide – **Highlight Info & Submit**

Mar. 24 (Wed) Written Exam

**Apr. 7 (Wed) 3<sup>rd</sup> Mile Walk Test – Must find a Track to do this Test.**

Apr. 21 (Wed) Written Exam

**May 5 (Wed) 4<sup>th</sup> Mile Walk Test – Must find a Track to do this Test.**

**May 12 (Wed) Last day of class**

May 17 (Mon) Final exam - 12:00 AM– 11:59 PM

**\*\*\*\*If you must miss a test, prior arrangements must be made with the instructor, or No make ups will be allowed. NO EXCEPTIONS!!!**

**\*\*\*NO Extra Credit papers will be accepted after Due Date – NO EXCEPTIONS!!!**

## **Fitness Walking Study Guide I**

Man has used exercise in an attempt to Improve:

1. Athletic performance
2. Prevent illness
3. Recover from injury
4. Slow down the aging process

The Five Components of Fitness are:

1. Cardiovascular Endurance
2. Muscular Endurance
3. Muscular Strength
4. Body Composition
5. Flexibility

Fitness Experts consider – Cardiovascular endurance to be the Most Important component because it helps in Preventing and Controlling Cardiovascular disease.

Our body is composed of (2) types of Fat:

1. Essential fat
2. Stored fat - expandable fat

The Surest Path to Personal fitness and Wellness is a Commitment to a “Healthy Lifestyle”

The Four types of Walking are:

1. Strolling – casual for a person who is recovering from an illness.
2. Fitness – done to improve “Your” cardiovascular (aerobic) fitness level.
3. Power – walking enthusiasts that want to Intensify the effects of the exercise.
4. Race – primarily competitive athletes.

Which type(s) should “WE” be doing and why?    Fitness and Power – to help Improve one’s cardiovascular (aerobic) fitness level.

Practical Advantages of walking are:

1. Can be enjoyed by people of all ages.
2. Can be done virtually anytime, anywhere.
3. Walking is inexpensive.        Just “Need” a Good pair of Supportive shoes.
4. Less likely to result in injury.
5. It is painless.
6. It should be Fun.
7. Great fitness activity.

Physiological Benefits of walking, that make “Positive” changes to your “Cardiovascular” and “Respiratory” systems are:

1. Improves cardiovascular (aerobic) endurance.
2. Stronger, more elastic heart muscle.
3. Increases Stroke volume.
4. Decreases Resting Heart Rate.
5. Increases Heart efficiency.        Contracts more forceful and fewer times.

- |  |  |
|--|--|
| 6. Stronger, more elastic Blood vessels.         | More resistant to pressure.                |
| 7. Decreases Blood pressure.                     |  |
| 8. Improves Venous return.                       |  |
| 9. Improves Coronary blood flow.                 |  |
| 10. Increases Blood volume.                      |  |
| 11. Increases Lung function.                     |  |
| 12. Improves Lipid profile.                      | Lowers blood lipids and blood cholesterol. |
| 13. Increases Cardiovascular (aerobic) capacity. |  |

There are other “Specific” Benefits you can enjoy as a “Regular” fitness walker:

- |                                |   |
|--------------------------------|---|
| 1. Increases energy            | 6. Reduces Stress                         |
| 2. Improves Muscular endurance | 7. Improves (increases) self-esteem       |
| 3. Improves Flexibility        | 8. Helps maintain a desirable body weight |
| 4. Increases Bone density      | 9. Improves Appearance                    |
| 5. Improves Immune function    | 10. Should be Fun and Enjoyable.          |

What does F. I. T. mean?

- F = Frequency – best if done at least (3) times per week.
- I = Intensity – best if done at (60% - 80%) effort.
- T = Time – best if done at least 20 mins. Per day.

Poor Posture and Mechanics leads to Increased Stress to not Only the: 1. Lower back but on 2. all weight-supporting bones, 3. Joints and 4. ligaments of the lower body.

Good Posture alignment is basic to Good walking technique. It is the “First” Most Important component of good body mechanics.

The “Second” Most Important component of good body mechanics is – Full, Deep, Relaxed, breaths. ( In nose – Out nose)

Arm action: 1. Arms relaxed 2. elbows flexed about 90degrees 3. hands slightly closed and relaxed. The Faster you swing your arms, the faster your legs move.

Head and back need to be erect, shoulders back and head and neck erect and eyes looking ahead and slightly down ward. Stride is slightly forward, lean of body from the ankles.

Walkers can use certain techniques to “Increase” the Aerobic challenge, as well as “Energy” they use per workout by:

- |                            |   |
|----------------------------|---|
| 1. Quickening the pace     | 4. Using weighted belts or vests – NO hand or ankle weights |
| 2. Doing Interval training |   |
| 3. Swinging arms faster    | 5. Walking up hill  |

1. Walking is a Low impact activity which has a “Low” risk of injury
2. Wearing improper shoes has “Everything” to do with walking and injuries.
3. Wearing a weighted belt or vest while walking is a much better choice that using hand or ankle weights.

4. As you become more Aerobically fit, your body will require Less energy to function efficiently.
5. Basic fundamentals of walking, one Most Important, it helps reduce injuries and insures enjoyment, free from discomfort, “Requires” – a Good pair of shoes. It is the most “important” equipment for a walker.

#### Purpose of Warming -up

1. Get body prepared for exercise
2. To prevent “muscle” injury

#### Methods of Warming-up

1. Easy walking
2. Mild exercises
3. Performing activities related to activity

#### Purpose of Cooling-down

1. To allow the body to recover from the work out (lower heart rate)
2. To prevent “Pooling” into lower extremities, prevent dizziness and possible fainting.

#### Methods of Cooling-down

1. Easy walking
2. Static stretching
3. Light activity, anything non-vigorous

#### What does R. I. C. E. mean?

R = rest

I = Ice immediately after an injury – Ice every 2 hrs. / 4 times a day for about 15 – 20 mins. a session, for up to 24-48 hrs.

C= compression – wrap or have it taped for about 72 hrs.

E = elevation – limits swelling by decreasing the pooling of blood from the force of gravity

#### What are some common walking-related Musculoskeletal injuries?

1. Metatarsalgia – pain and fatigue along ball of the foot
2. Chronic lower –leg pain
3. Heel spurs
4. Plantar Fasciitis – inflammation of the sole of the foot (heel-toes)
5. Sprained ankles
6. Shin splints

The “Achilles tendon” connects the calf muscle (gastrocnemius) to the heel of the foot. These are some of the Most frequent causes of Inflammation: 1. Wearing improper shoes, 2. Walking up hill, 3. Not having a stretching program.

These are common walking skin conditions: 1. Blisters 2. Calluses 3. chafing.

## **Fitness Walking Study Guide II**

**These are the 6 Nutrients that allow the body to perform many functions:**

1. Carbohydrates
2. Proteins
3. Fats
4. Vitamins
5. Minerals
6. Water

The 3 nutrients that are referred to as the “Energy” nutrients are:

1. Carbohydrates
2. Proteins
3. Fats

The nutrient that is the Most Important and with- out it, can cause death is Water.

These are the 5 Food groups and number of Servings needed of each:

1. Milk & Milk products      a) 2-3
2. Meat & Meat Alternatives      b) 2-3
3. Fruits      c) 2-4
4. Vegetables      d) 3-5
5. Breads and Cereals      e) 6-11

Proper nutrition is Important to :

1. Provides energy
2. Builds and maintains body tissue and
3. Regulates body functions

Carbohydrates are organic compounds composed of one or more Sugars; that are derived from plants. Carbohydrates consists of “Simple sugars” and “Complex carbs.

Carbohydrates should be more than half of all calories eaten. Examples of “simple sugars are: table sugar, corn syrup, molasses, and honey. Most of the sugar intake in the US is hidden in processed foods, and the biggest offender od which is “Soft drinks”. Nutritional authorities refer to soft drinks as “Liquid candy”. Simple sugars are considered “empty calories”, no nutritional value.

Many authorities believe that the excessive consumption of simple sugars has lead to: 1) Obesity 2) Type II diabetes 3) elevated cholesterol, 4) Heart disease 5) and Dental cavities.

Sugar should constitute “LESS” than 10% of the total calories.

The bulk of carbohydrates consumed should come from the “Complex” form. These include: starch and several forms of fiber. Complex carbohydrates foods are precisely what weight and health conscious people need. They help: 1. Lower the fat content of the diet, 2. Increasing the intake of complex carbohydrates is a painless way to do this. Examples: Starchy foods – Grains, Legumes, tubers, pastas and all starches from Plant food. Most of which contain only trace amounts of fat. Exceptions: 1. Olives 2. Avacados

3.Nuts 4. Seeds 5. And coconuts, which contain substantial amounts of Fat; and should be consumed in moderation.

Active adults should consume more than half (50%-65%) of the calories from Complex carbohydrates and NO more that 10% from the Simple sugars.

A diet high in plant foods also will be High in Fiber. Fiber helps to reduce the risk of : 1. Colon cancer 2. It prevents or alleviates constipation 3. It stimulates muscle tone in the Intestinal walls, which increases resistance to Diverticulosis.

Fats are categorized as either: Saturated or Unsaturated. Unsaturated fats consist of 1. Monounsaturated and 2. Polyunsaturated fats , which are the healthy fats. Examples of Monounsaturated are: 1. avocados 2. Canola oil 3. Cashew nuts 4.olive oil 5. Peanuts and peanut oil 6. Peanut-butter.

Examples of Polyunsaturated are: 1. Almonds 2. Corn oil 3.fish 4. Pecans 5. Safflower oil 6. Sunflower oil 7. Soybean oil and 8. Walnuts.

Major sources of Saturated fats are: 1. Animal flesh 2. Dairy products 3. Tropical oils – coconut and palm kernel oil. The body has to work harder to break down these fats.

Protein is an essential nutrient for energy. They help with: 1. Build and repair body tissue 2. Forms enzymes, hormones, antibodies and 3. Transforms fats and other nutrients through the blood 4. Supplies energy for muscular work when there is a shortage of carbs and fats. Examples of Proteins: 1. Meats 2. Fish 3. Poultry 4. Dairy products. Excellent sources of Proteins are: 1. Legumes –such as –kidney and lima beans, black-eyed peas, garden peas, lentils, and soybeans. Although they are not at the caliber of meat protein, they are rich in other healthy nutrients- such as B-vit. And Low in fat. Remember increasing the consumption of animal products- also are high in Saturated fat : the unhealthy fat.

The “regulatory” nutrients, which contain No calories, are the vitamins, minerals, and water. All vitamins are either Fat-soluble or Water-soluble. Fat-soluble are: vitamins A, D, and K. Water-soluble are: Vitamins C and B-complexes. Vitamins function as “coenzymes that promote the many chemical reactions in the body around the clock. “Antioxidant” vitamins are C and E, which help prevent cardiovascular disease and cancer.

ANTIOXIDANT vitamins “PROTECT” the body from the Harmful effects of “Free radicals(oxidants). If Free radicals are not neutralized immediately they damage the cells and their DNA. The damage can result in development of: 1. Cancer 2. Heart disease 3. Cataracts and 4. Rheumatic arthritis. Also they have been implicated as an agent that Promotes aging. People should obtain “Antioxidants” by eating more fruits, vegetables and whole grains. It is recommended that we take 500mg of Vit. C and 400IU of Vit.E daily to neutralize the Free radicals.

Minerals maintain or regulate Physiological processes, such as: 1. Muscle contraction 2. normal heart rhythm 3. Body water supplies 4. Nerve impulse conduction.



Major minerals are: 1. Calcium 2. Phosphorous 3. Potassium 4. Sulphur 5. Sodium 6. Chloride and 7. Magnesium,

Sodium, Potassium, and Chloride are minerals lost primarily through perspiration. Sodium is also one of the body's major Electrolytes. Sodium chloride is table salt. Potassium and sodium exchange (together) cross the cell's membrane permits the transmission of neural impulse and the contraction of muscles. Low levels of Potassium interfere with muscle cell nutrition and lead to muscle weakness and fatigue and also essential to maintain the heart beat. Potassium is abundant in : 1. Citrus 2. Fruits and juices 3. Bananas 4. Dates 5. Nuts 6. Fresh vegetables 7. Meats and fish. The 2 foods which you can consume to Prevent muscle cramps are: 1. Potassium = Banana 2. Sodium = Water . WATER is the "Most" Important nutrient, that our body can not function without it and can result in death.

Water is involved in Almost every vital body process. Our body consists of 60% - 70% water weight. We lose water through: 1. Urination 2. Feces 3. Exhaling air 4. And perspiration and it must be replaced. Many foods – fruits, vegetables and meats contain a Large percentage of water.

It is recommended that we consume "LESS" that 30%of Fat per day.

The impact of consuming too much food, too many calories, too much fat, NOT enough fiber, fruits, and vegetables, has affected the rise in overweight and obesity and is the Major cause of these diseases: 1. Heart disease 2.cancer 3.Type II diabetes 4. and Stroke. The BEST exercise for effective weight loss is "Aerobic exercises".

Nutrition goes hand in hand with exercise in promoting health and well-being. Heart attacks can be prevented by "Life style" changes as: 1. Not smoking cigarettes 2. Decreasing blood pressure and cholesterol 3. And exercising "Aerobically on a regular bases.

ALL heart attacks are a result of interactions between genetic factors and life style behaviors.

Genetic factors that cannot be changed are Risk factors for coronary heart disease are: 1. Hereditary 2. Your age 3. Being of Male gender.

Our body will convert "Excess carbohydrates into body fat. The consumption of Carbohydrates need to be Monitored by a Diabetic person because – Carbs turn into – Starch- and Starch turns into –Sugar.

Hypertension /High Blood pressure are know as the "SILENT disease" and can be detected Only by a blood pressure screening test.

These are 5 methods that can help control ( High BP/hypertension): 1. Maintaining a recommended body weight, 2. Restricting your dietary salt intake, 3. Ingesting adequate combination of Calcium/Potassium, 4. Engaging in Voluntary relaxation, 5. Exercising Aerobically on a regular basis.

High BP and High Cholesterol have "EVERYTHING" to do with Coronary heart disease. Nutrients are specialized components that make up our food that we eat.

Letter of Recommendation

February 10, 2015

To whom it may concern,

Re: Ben Collins

I am writing this letter on request for Ben Collins. I met Ben when he was two years old in a swim class, through the City of Reedley, which I was teaching that summer. When Ben graduated from Reedley High School, Laure Gross sent him over to my pool at Reedley College where I taught swimming. Every semester I teach two swim classes for the College and I always need Certified Life-guards to use as Aides in my classes.

Ben enter Reedley College the Fall of 2004 and became my swim aide in both my day and evening swim classes. Ben got along well with the students in the classes; even though they were his peers. The students Respected, Trusted and enjoyed the workouts that he would post for the Advance swim class to swim. I always had him introduce different activities for challenging the students' abilities. Ben demonstrated leadership capability, He is a self starter, always ready to work with the students and try out new workouts and New skills.

Ben demonstrated that He knew his way around the Pool and He had all the skills for Being on the Deck and working with my students. He is highly motivated; for He truly enjoys teaching swimming and He has also Coached for Reedley High School for awhile.

Ben was my Aide for five years at the pool and helped me as an Aide in my Adaptive PE Class also; for two years. He learned to work with students with limitations and disabilities in the Adaptive PE class.

Ben, would do well for your program because He has worked in all areas of swimming, He Is a Certified First-aid, CPR, and AED instructor, as well as a Certified Life-guard instructor, so if anything happens on deck He knows how to respond to the situation.

My name is Bobbi Monk and I have been teaching Physical Education at Reedley College for over thirty-three years. I also have been a Certified Swim Instructor for over Forty years and I have seen many young people, while teaching at the College, and not many like Ben. He has a Passion for teaching and coaching young children and I believe that He would be a real asset for your program.

If you need to contact me, I can be reached at: (559) 393-4216 / 638-5402 or at bobbi.monk@reedleycollege.edu

Sincerely

