

Reedley College
Fitness Walking PE-16 Course Syllabus

Course Title: Fitness Walking
Course Number: PE-16 (54070)
Class Days: Online
Phone: (559) 638-0354
Email: Richard.jennings@reedleycollege.edu

Instructor: Richard "TJ" Jennings
Office Hours: By Zoom Appointment
Time: N/A
Required Text: None
Prerequisites: None

COURSE 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. (A, CSU, UC)

CLASS OUTCOMES:

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

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

CLASS OBJECTIVES:

In the process of completing this course, students will:

1. Describe proper fitness walking technique.
2. Improve fitness level through exercise.
3. Identify the proper foot wear for fitness walking
4. Evaluate personal level of cardiovascular efficiency.
5. Measure target heart rate during exercise sessions.
6. Recognize the mental benefits of fitness.
7. Explain the benefits of participating in lifelong fitness activities. Evaluate and critique current fitness levels.
8. Understanding of basic heart rate principles and how it applies to exercise and training.
9. For students to get a better understanding of fitness and an appreciation of exercise at the personal level.
10. Enjoy yourself and have fun!

GRADING

Components

1. **Check in / Bio / Goals** – 5%
2. **Heart Rate Check / Understanding** – 5%
3. **Measured performance / Weekly Walks** – 70%
4. **Weekly Walking Logs / Summaries** – 10%
5. **Final Exam** – 10% (Final exam given the last week of class)
6. **Total** – 100%

Points / Scale

| Grading Points | Grading Scale | Letter Grade |
|----------------------|-------------------|--------------|
| 360 to 400 | 90 to 100% | A |
| 320 to 359 | 80 to 89% | B |
| 280 to 319 | 70 to 79% | C |
| 260 to 279 | 65 to 69% | D |
| 259 and below | Below 65% | F |

Specific Grade/Point Breakdown

| Week | Assignments | Point Value |
|----------------|------------------------------|-------------|
| Week 1 | Class Check-in | 5 |
| | Welcomes and Introductions | 5 |
| | Walking Class Goals | 10 |
| | Heart Rate Calculation | 15 |
| | Weekly Walks | 12 |
| | Walk Logs / Summary | <u>3</u> |
| | Total Weekly Points | 50 |
| Week 2 | Weekly Walks | 12 |
| | Walk Logs / Summary | <u>3</u> |
| | Total Weekly Points | 15 |
| Week 3 | Weekly Walks | 12 |
| | Walk Logs / Summary | <u>3</u> |
| | Total Weekly Points | 15 |
| Week 4 | Weekly Walks | 12 |
| | Walk Logs / Summary | 3 |
| | Quarterly Walking Evaluation | <u>10</u> |
| | Total Weekly Points | 25 |
| Week 5 | Weekly Walks | 12 |
| | Walk Logs / Summary | <u>3</u> |
| | Total Weekly Points | 15 |
| Week 6 | Weekly Walks | 12 |
| | Walk Logs / Summary | <u>3</u> |
| | Total Weekly Points | 15 |
| Week 7 | Weekly Walks | 12 |
| | Walk Logs / Summary | <u>3</u> |
| | Total Weekly Points | 15 |
| Week 8 | Weekly Walks | 12 |
| | Walk Logs / Summary | 3 |
| | Quarterly Walking Evaluation | <u>10</u> |
| | Total Weekly Points | 25 |
| Week 9 | Weekly Walks | 12 |
| | Walk Logs / Summary | <u>3</u> |
| | Total Weekly Points | 15 |
| Week 10 | Weekly Walks | 12 |
| | Walk Logs / Summary | <u>3</u> |
| | Total Weekly Points | 15 |
| Week 11 | Weekly Walks | 12 |

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|---------------------------|---|-----------------------------------|
| | Walk Logs / Summary Total Weekly Points | <u>3</u> 15 |
| Week 12 | Weekly Walks Walk Logs / Summary Quarterly Walking Evaluation Total Weekly Points | 12 3 <u>10</u> 25 |
| Week 13 | Weekly Walks Walk Logs / Summary Total Weekly Points | 12 <u>3</u> 15 |
| Week 14 | Weekly Walks Walk Logs / Summary Total Weekly Points | 12 <u>3</u> 15 |
| Week 15 | Weekly Walks Walk Logs / Summary Total Weekly Points | 12 <u>3</u> 15 |
| Week 16 | Weekly Walks Walk Logs / Summary Quarterly Walking Evaluation Total Weekly Points | 12 3 <u>10</u> 25 |
| Week 17 | Weekly Walks Walk Logs / Summary Total Weekly Points | 12 <u>3</u> 15 |
| Week 18 | Weekly Walks Walk Logs / Summary Final Exam Total Weekly Points | 12 3 <u>55</u> 70 |
| Total Class Points | | 400 |

ACCOMODATIONS FOR STUDENTS WITH DIABILITIES:

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:

Student who are not active on canvas and do not check in within the **first week** of the course will be dropped to make room for waitlisted students.