Course Syllabus

Class Meeting Times and Instructor Contact Information	
Term: Summer 2021	**Instructor:** Steve Pearse
Schedule: Online	**Office:** Online
Length: 6 weeks (06/21/21- 07/30/21)	**Phone:** 559-494-3094
Transferable Units: 1	**Email:** steve.pearse@reedleycollege.edu

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.
- PE 16 is UC/CSU unit transferable and meets a graduation requirement for the Reedley College Associates Degree.

COURSE OBJECTIVE:

Students will be able to:

- Describe proper fitness walking technique.
- Measure target heart rate during exercise sessions.
- Improve fitness level through exercise.
- Explain the benefits of participating in lifelong fitness activities.
- Recognize the mental benefits of fitness.
- Understand the role nutrition plays in a complete fitness regimen.
- Identify the proper foot wear for fitness walking
- Evaluate personal level of cardiovascular efficiency.

COURSE OUTCOMES:

In the process of completing this course, students will:

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

RECOMMENDED BOOK:

No required textbook. This course will contain videos relevant to the course content. Instructor will post videos and handouts.

ACCOMMODATIONS FOR STUDENTS WITH DISABILITIES:

If you have special verified needs addressed by the Americans with Disabilities Act (ADA), or section 504 of the Rehabilitation Act, please contact me as soon as possible.

PE-16 FITNESS WALKING DISCLAIMER:

Exercise is not without its risks and this or any other exercise program many result in injury. As with any exercise program, if at any point during your workout you begin to feel faint, dizzy or have physical discomfort, you should stop immediately and consult a medical professional.
Students should report all injuries to the instructor immediately.

CLASS RULES:

- Attendance is very important. Points will be deducted for each absence. Attendance is very important. Points will be deducted for each absence. Students missing (3) or more classes may be dropped for non-attendance.
- Additional attendance will be recorded with you participating in online discussions and course homework assignments.
- If a student submits an assignment after the due date without having made arrangements with the instructor, students will only receive half credit for the assignment.
- Students are responsible for emailing the instructor 2 days prior of the due date regarding issues of submitting the assignments by the due date.
- Assignments can only be made up if prior arrangements have been made with the instructor or under extenuating circumstances.

Grading Scale	
Assignments	**Possible Points**
PARTICIPATION (Walking Logs)	**60 points**
NUTRITION QUIZ	**10 points**
DIFFERENT TERRAIN QUIZ	**20 points**
DISCUSSIONS	**20 points**
Total	**110 points**

IMPORTANT DATES:
June 27: Last day to drop without receiving a letter grade.
July 30: Last day of Instruction

Unit 1: Knowledge and Strategy:

- Week 1 (June 21-25): Introduction, Pre-Workout Warm-up, How to Measure Your Heart Rate, Hydration, Post-Workout Routine, Establish Baseline, Walking Logs, Breathing Techniques
- Week 2 (June 28- July 2): Introduction to Nutrition, Designing a Week-Long Meal Plan, Walking Logs, Different Types of Walking
- Week 3 (July 5-9): Walking on Different Terrains (sand, uphill, downhill, treadmill, loose surfaces, hard surfaces) Walking Logs
- Week 4 (July 12-16): Walking Logs, Cardiovascular Endurance Assessment, Injury Prevention
- Week 5 (July 19-23): Walking Logs, Management of Muscle Pain
- Week 6 (July 26-30): Final Walking Logs, Rehydration During Exercise