

Reedley College
PE-16-53061 Fitness Walking - Fall 2022 Course Syllabus

Course Title: Fitness Walking
Course Number: PE-16 (53061)
Class Days: MWF 9:00 –9:50 AM
ROOM: Track
Phone: (559) 638-0354 ex 3369 office
Email rob.hartenfels@reedleycollege.edu

Instructor: Rob Hartenfels
Office Hrs: Monday-Friday 10-11 AM
Locker Room
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.

COURSE OBJECTIVES:

In the process of completing this course, students will:

- Describe proper fitness walking technique.
- Improve fitness level through exercise.
- Identify the proper foot wear for fitness walking
- Evaluate personal level of cardiovascular efficiency.
- Measure target heart rate during exercise sessions.
- Recognize the mental benefits of fitness.

- Explain the benefits of participating in lifelong fitness activities

COURSE STUDENT LEARNING OUTCOMES:

- **PE-16 SLO1:** Assess the benefits of engaging in life-long leisure activities for lifetime physical fitness.
- **PE-16 SLO2:** Demonstrate strategies for maintaining physical fitness by designing a personal fitness walking program.
- **PE-16 SLO3:** Distinguish how exercising has had a positive impact on their current overall fitness.
- **PE-16 SLO4:** Explain the value of cross-training as related to fitness walking.

PARTICIPATION AND ATTIRE:

1. Participation is vital for academic and health success. You will be allowed 2 absences without penalty. After the second absence your grade will drop by one letter grade and continue to drop for every absence following.
2. Students must dress out in proper gym attire, walking shoes and socks. Students who are not dressed out will not be allowed to participate, which will result in an absence.

GRADING

1. Weekly Attendance & Class Participation
 2. Skill Demonstration(s) **Measured Performance/Participation** – Daily Attendance and Progress. 1 Point for showing up, 2 points for Skill, 2 points for Progress.
 3. Completion of at least two (2) walking tests, with demonstrated improvement.
 4. Quiz
 5. **Extra Credit** – Will be sporadically offered when the instructor chooses to
- * It is a requirement to dress out with gym clothes to every class and show up on time. No lockers are available to start the semester. Students must plan accordingly.

GRADING SCALE

A	90-100%
B	80-89%
C	70-79%
D	60-69%
F	59% or less

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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.

Important Dates:

Census Date: 8/29/22

Final Date Drop no W Assigned: 8/28/22

Final Drop Date: 10/7/22

End Date: 12/9/22