

# PE-16 Fitness Walking Syllabus

Spring 2022

## Course Info

Course Title: PE 16 Fitness Walking (55037)

Meeting Room: Track

Class Times: TuTh 7:30am - 8:45am

Instructor: Onesta Francis

Phone Number: 559-637-2518 (ext. 3518)

Email: [Onesta.Francis@ReedleyCollege.edu](mailto:Onesta.Francis@ReedleyCollege.edu)

Office Hours: Tu Th 10am-12pm and 1pm-3pm

<https://calendly.com/reedley-college-soccer/onesta-francis-office-hours?month=2022-01>

## Important Dates

January 21: Deadline to drop with refund

January 28: Deadline to drop to avoid “W” on your transcripts

February 18: Lincoln Day (no class)

February 21: Washington Day (no class)

March 11: Drop deadline

April 11-15: Spring Break

May 16-20: Finals

## Course Objectives

1. Describe proper fitness walking technique.
2. Improve fitness level through exercise.
3. Identify the proper footwear 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.

## 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

## Recommended Text

Kinoian, T. *Fitness Walking*. Human Kinetics (2005).

Fenton, M. *The Complete Guide to Walking: for Health, Weight Loss and Fitness*. The Lyons Press (2008).

## Necessary Equipment

1. Gym Clothes
2. Proper Shoes
3. Smart Watch or Step Counter

## Grading Scale

A	90 and up
B	80-89
C	70-79
D	60-69
F	59 and down

## Course Outline

1. Benefits of healthy lifestyle
2. Warm up and cool down activities
3. Assessing personal fitness
4. Distance training
5. Interval training
6. Strength Stations

## Accommodations for Students with Disabilities

If you have a verified need for an academic accommodation or materials in alternate media (e.g. Braille, large print, electronic text, etc.) per the Americans with Disabilities Act or Section 504 of the Rehabilitation Act, please contact your instructor 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 3 absences

## Late Policy

Each assignment has a built in 2-week late entry period. After the 2 weeks, the assignment will be locked.

## Assignment Calendar

<b><u>Category</u></b>	<b><u>Assignment</u></b>	<b><u>Due Date</u></b>	<b><u>Point Value</u></b>
<b>Skills Assessment</b>	Rockport Fitness Test	January 13	10 pts
<b>Skills Assessment</b>	Rockport Fitness Test	February 3	10 pts
<b>Skills Assessment</b>	Rockport Fitness Test	March 3	10 pts
<b>Exam</b>	Personal Fitness Program	March 11	25 pts
<b>Skills Assessment</b>	Rockport Fitness Test	April 7	10 pts
<b>Skills Assessment</b>	Rockport Fitness Test	May 5	10 pts
<b>Exam</b>	Self-Assessment	May 5	25 pts

## Participation Points

- Each day is worth approximately 3 points.
- To get daily participation points, students must show up on time with all the necessary equipment and fully participate in the class activities.