

REEDLEY COLLEGE
DEPARTMENT OF PHYSICAL EDUCATION

Fitness Walking (Online)

P.E. 16

Instructor: Kathy O'Connor – Kuball

Office: P.E. 312

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Office hours: Virtual Office Hours

Course Description: This course is designed for students to increase each individuals 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.

Course Objectives:

1. Increased Fitness
2. Understanding of basic heart rate principles and how it applies to exercise and training.
3. For students to get a better understanding of fitness and an appreciation of exercise at the personal level
4. Enjoy and have fun!

Course Requirements:

1. **Participation:** attendance and participation are very important. Obviously you need to be in attendance (walk) to participate. One half (50%) of your grade is based on participation during each class session.
Your participation grade will be determined by the number of times you attend class divided by the total number of class meeting times in the semester. For our online format attendance / participation means each time you walk as assigned. A standard percentage scale (90% plus = A, etc.) will be used.
Excessive absences (lack of completed walking sessions) will affect your grade and may result in being dropped from class. For each unexcused absence (no dress/no participation) you will not earn credit for that class session.
2. **Examinations:** There will be two written (mid and final) and two skills (pre and post) exams in this class. These exams will combine for 50% of your final grade (25% written, 25% skills).

Final Grade Determination:

<u>Participation:</u>	50%	100-90% = A	69-60% = D
<u>Tests:</u>	50%	89-80% = B	59% below = F
<u>Total:</u>	100%	79-70% = C	

It is responsibility of the student to understand the drop policy written in the class schedule. _____ - Last day to drop a class

Student learning Outcomes:

Participation in regular timed fitness walks with time and distance increasing as semester progresses. Improvement evaluated by pre/post testing with periodic testing throughout the semester.

Develop an understanding of how walking combined with good nutrition, sleep etc . can positively influence their fitness level and promote a healthy, active lifestyle.

Identify and understand how the five components of fitness: cardiovascular and muscular endurance, muscular strength, flexibility and body composition relates to their overall fitness and wellness.

Course Expectations

- 1. Proper attire should be worn for ease of movement, protection and safety. Please no frayed, torn clothing or any jewelry that might restrict you.**
- 2. It is important to wear good supportive shoes to reduce risk of injury. This includes tennis shoe and socks.**
- 3. Report all injuries immediately. If you have any physical limitations please report them to me in writing to prevent injury.**
- 4. Feel free to bring water bottles ad towels to class but please no food or drink inside any of the buildings we may gather in (if applies)**
- 5. Class will begin five minutes (dress) after the scheduled start time and end ten minutes (shower/dress) before the scheduled leave time. Please be prompt. If tardiness becomes a problem it could affect your grade. Let me know in advance whenever possible. (if applies)**
- 6. Lockers are available in the P.E. locker room. Please bring your own lock if you wish to secure your things. (if applies – lockers will not be available at this time)**
- 7. A positive attitude is always encouraged – enjoy and have fun!**

