

**FITNESS WALKING T/Th 11:00-12:15pm**  
**PE 16 - SECTION # 55040**  
**Spring 2022** Class Location: RC Track  
**TEXT:** Walking for Fun & Fitness, 5<sup>th</sup> Edition  
**Jerald and Sandra Hawkins**

**INSTRUCTOR: SCOTT STARK**  
scott.stark@reedleycollege.edu  
OFFICE: MEN'S LOCKER ROOM  
OFFICE PHONE: 638-3596  
OFFICE HOURS: T/Th 10-11, 3-4 T

**COURSE DESCRIPTION:**

1. To increase each individual's level of cardiovascular and muscular endurance.
2. To learn the how, what, and why of proper fitness to help with general wellness and weight control.

**DOWNLOAD WALKING APP:** "Map My Walk" by Under Armour (Free App for your Phone)

**COURSE OBJECTIVES:**

**Students will be able to:**

1. Describe proper fitness walking technique.
2. Measure target heart rate during exercise sessions.
3. Improve fitness level through exercise.
4. Explain the benefits of participating in lifelong fitness activities.
5. Recognize the mental benefits of fitness.
6. Identify the proper foot wear for fitness walking
7. Evaluate personal level of cardiovascular efficiency.

**COURSE OUTCOMES:**

1. Students will be able to apply strategies for maintaining physical fitness by designing a personal fitness walking program.
2. Students will be able to distinguish how exercising has had a positive impact on their current overall fitness levels.
3. Students will be able to assess the value of cross-training as it relates to fitness walking.

**COURSE GUIDELINES:**

1. Students must dress out and participate in all class sessions. **PROPER** attire must be worn each day, including tennis shoes and socks. Lockers will be available, but only for daily use.
2. Students will be required to perform the Rockport Walk Test four times during the semester.
3. Students will be required to log in their walking distance and training heart-rate at the end of each class period.
4. Students will be required to take a 2-Mile Final Examination.
5. Students should report all injuries immediately to the instructor.

6. It is recommended that anyone 40 years of age or older have a physical exam and a doctor's clearance before participating.

**GRADING PROCEDURE:**

**Participation – ½ of grade is based on attendance and walking  
12 Minute Rockport Walk Tests – (must show improvement)  
\*\*\*(Last Thursday of every month during Spring semester)\*\*\***

**Walking Test #1 – Thursday, January 27<sup>th</sup>**

**Walking Test #2 – Thursday, February 24<sup>th</sup>**

**Walking Test #3 – Thursday, March 31<sup>st</sup>**

**Walking Test #4 – Thursday, April 28<sup>th</sup>**

**Final Examination – Thursday, May 12<sup>th</sup> @ 11:00am**

**GRADE DETERMINATION:**

- A.....3 or fewer absences, participate in all Walk Tests, and a 90% or better on all exams.  
B.....6 or fewer absences, participate in all Walk tests, and an 80% or better on all exams.  
C.....9 or fewer absences, participate in all Walk Tests, and score 70% or better on all exams.  
D.....12 or fewer absences, participate in only three of the Walk Tests, and score 60% or better on all exams.  
F.....15 or more absences, and anything less than the above.

**ACCOMMODATION STATEMENT:**

If you have a verified need for an academic accommodation or materials in alternate media (i.e. Braille, large print, electronic text, etc) as per the Americans with Disabilities Act (ADA) or Section 504 of the Rehabilitation Act, please contact me as soon as possible.

**DROP POLICY:**

**March 11, 2022 IS THE LAST DAY TO DROP W/O GETTING A LETTER GRADE!!**

**SCHOOL HOLIDAYS:**

1. January 17<sup>th</sup> (Martin Luther King Jr. Day)
2. February 18<sup>th</sup> (Lincoln's Birthday)
3. February 21<sup>st</sup> (Washington's Birthday)
4. April 11<sup>th</sup>-April 15<sup>th</sup> (Spring Break)

**ROCKPORT WALKING TEST TIME STANDARDS**

**1 MILE: (4 Monthly Tests)**

**12:00 – 13:25 90.0% A**  
**13:26 – 15:00 80.0% B**  
**15:01 – 17:15 70.0% C**  
**17:16 – 20:00 60.0% D**  
**20:01 – More <60.0% F**

**2 MILE: (Final Exam)**

**24:00 – 26:50 90.0% A**  
**26:51 – 30:00 80.0% B**  
**30:01 – 34:30 70.0% C**  
**34:31 – 40:00 60.0% D**  
**40:01 – More <60.0% F**