

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 and towels to class but please no food or drink inside any of the buildings we may gather in.**
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 tardies become a problem it could affect your grade. Let me know in advance whenever possible.**
6. **Lockers are available in the P.E. locker room. Please bring your own lock if you wish to secure your things.**
7. **A positive attitude is always encouraged – enjoy and have fun!**

**** NOTE : Please communicate with instructor if you have any COVID related issues that may impact your ability to meet the expectations of this class. I will make every reasonable (timely) effort to accommodate you but we must work together**

Student Learning Outcomes:

Fitness Walking

Students will participate in regular timed walks with time and distance increasing as the semester progresses. Improvement will be evaluated by pre / post testing with periodic testing throughout the semester.

Students will develop an understanding of how walking can influence their fitness level and promote a healthy, active lifestyle.

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