

Reedley College  
Fitness Walking PE-16 Summer 2023 Course Syllabus

Course Title: Fitness Walking  
Course Number: PE-16 (Summer 2023)  
Class Days: Online  
Phone: (559) 638-0354  
Email: Richard.jennings@reedleycollege.edu

Instructor: Richard "TJ" Jennings  
Office Hours: By Zoom Appointment  
Time: N/A  
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. (A, CSU, UC)

**CLASS OUTCOMES:**

Upon completion of this course, students will be able to:

1. Assess the benefits of engaging in life-long leisure activities for lifetime physical fitness.
2. Demonstrate strategies for maintaining physical fitness by designing a personal fitness walking program.
3. Distinguish how exercising has had a positive impact on their current overall fitness levels.
4. Assess and explain the value of cross-training as it relates to fitness walking.

**CLASS OBJECTIVES:**

In the process of completing this course, students will:

1. Describe proper fitness walking technique.
2. Improve fitness level through exercise.
3. Identify the proper foot wear 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. Evaluate and critique current fitness levels.
8. Understanding of basic heart rate principles and how it applies to exercise and training.
9. For students to get a better understanding of fitness and an appreciation of exercise at the personal level.
10. Enjoy yourself and have fun!

## GRADING

### *Components*

1. **Bio / Goals** – 5%
2. **Heart Rate Check / Understanding** – 5%
3. **Measured performance / Weekly Walks** – 60%
4. **Weekly Walking Logs / Summaries** – 20%
5. **Final Exam** – 10% (Final exam given the last week of class)
6. **Total** – 100%

### *Points / Scale*

Grading Points	Grading Scale	Letter Grade
<b>89 to 100</b>	<b>90 to 100%</b>	A
<b>79.5 to 89</b>	<b>80 to 89%</b>	B
<b>69.5 to 78</b>	<b>70 to 79%</b>	C
<b>64.9 to 69</b>	<b>65 to 69%</b>	D
<b>64 and below</b>	<b>Below 65%</b>	F

### Specific Grade/Point Breakdown

Week	Assignments	Point Value
<b>Week 1</b>	Welcomes and Introductions	2
	Walking Class Goals	3
	Heart Rate Calculation	5
	Sample Walk Picture	5 (Extra Credit)
	Weekly Walks	15
	Walk Logs / Summary	<u>5</u>
	<b>Total Weekly Points</b>	<b>30</b>
<b>Week 2</b>	Weekly Walks	15
	Walk Logs / Summary	<u>5</u>
	<b>Total Weekly Points</b>	<b>20</b>
<b>Week 3</b>	Weekly Walks	15
	Walk Logs / Summary	<u>5</u>
	<b>Total Weekly Points</b>	<b>20</b>
<b>Week 4</b>	Weekly Walks	15
	Walk Logs / Summary	5
	Final Exam	<u>10</u>
	<b>Total Weekly Points</b>	<b>30</b>
<b>Total Class Points</b>		<b>100</b>

### 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.

### DROP POLICY:

Student who are not active on canvas and do not check in within the **first two days** of the course will be dropped to make room for waitlisted students.