

REEDLEY COLLEGE
Fitness Walking

P.E. 16

Mon. -Thur. 7:00 – 9:10

June 20 - July 28, 2023 (Six Weeks)

Instructor: Bobbi Monk

COURSE DESCRIPTION

This course is designed for students to increase each individual's 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.

PARTICIPATION

Your participation is very important. You will be allowed 2 absences without penalty. **After the 2nd absence, your grade will drop one grade level, and continue to drop. Late after 7:10, is considered an absence & 3 tardies (7:05-7:10) will constitute an absence.** You must participate and apply the knowledge/skills each class meeting, making "mastery attempt." **Not participating in class or not wearing proper attire will result in an Absence for the day.**

		0 Absences = A+
1-2	"	= A
3	"	= B
4	"	= C
5	"	= D
6	"	= F

On the 7th absence, your current overall grade drops a whole letter grade.

*** This P.E. Dept. no longer allows make-ups for absences. Student will need to choose absences wisely!

THREE CONSECUTIVE ABSENCES, without notification and not attending class on a regular basis, the student will be dropped from class. **It is the student's RESPONSIBILITY to drop a class you do not want to attend.**

PERFORMANCE

Your performance grade will be based on the quality of your workout according to the Rockport Test and the Cooper's Norms. You must show a substantial improvement each time you take the skills test to obtain a better grade. Not taking a skills test will drop your grade (1) grade level. All skill grades will be averaged out for the Final skills grade.

PARTICIPATION	34%	PERFORMANCE SCORES	33%
WRITTEN EXAMS	33%	= FINAL GRADE	

Grading Policy

A++	=	107 ½% and Above			
A+	=	102 ½% - 107%	of total points	+ Ex. Credit	
A	=	90% - 102%	"	"	"
B	=	80% - 89%	"	"	"
C	=	70% - 79%	"	"	"
D	=	60% - 69%	"	"	"
F	=	50% and Below			

Course Outline

Track and Out in the fields behind College

- | | |
|------------------------------------|---------------------------------|
| 1. Body measurements/body fat % | 4. Rails to Trails (5miles) |
| 2. Track workouts | 5. Tests: Written exams |
| 3. Trails ranging from (2-5 miles) | 6. (4) Timed (1mile) walk tests |

TEXT: I will hand out a study guide from a group of books.

INSTRUCTIONAL CALENDAR SUMMER 2023

June 20 (T) Instruction Begins
 July 4 (T) Fourth of July Holiday – No classes
 July 29 (F) End of Summer class.

NOTE ***

Students must dress out to participate in all class sessions. Proper attire must be worn, includes: exercise clothing, tennis shoes and socks. SELECTING THE PROPER SHOE IS VERY IMPORTANT IN REDUCING THE RISK OF THE INJURY TO FEET, KNEES, ANKLES AND SHINS. **Not wearing proper attire will not allow you to participate; which will result in an absence!**

Reedley College – 638-3641 – Leave messages for Bobbi Monk
 Voice-mail – Ext. 6641 / office ext. 3672

E-mail: bobbi.monk@reedleycollege.edu

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

Course Objectives:

1. Increase student Fitness Levels
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. Plan, implement, and practice appropriate fitness and nutritional activities that promote improved levels of muscular strength & endurance, cardiovascular endurance, flexibility, and body composition.
5. Enjoy and have fun.

Course Outcomes:

1. 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.
2. Develop an understanding of how walking combined with good nutrition, sleep, etc., can positively influence their fitness level and promote a healthy. Active lifestyle.
3. To give students a better understanding of how various types of fitness training can enhance everyday life.
4. Apply the Five components of physical fitness and understand How they relate to the development of overall physical fitness.

TEST DATES: SUMMER 2023 - Fitness Walking PE 16 (6 weeks)

June 20 (Tue) Instruction Begins – Fill out Med Sheet / Walk Track

June 21 (Wed) Calculate THR / WALK

June 22 (Turs) Take Body Measurements & Walk trail

June 26 (Mon) Quiz on Syllabus – 5 Things which Affect your Grade (5pts)

June 27 (TU) Study session – Bring study guide / Walk trail

June 28 (Wed) Extra Credit Due-Pulses & Calculate (1) THR (10pts) Walk

1st – 1 mile walk test – Meet at Track

June 29 (Thur) Walk – 1st Written Exam

July 3 (Mon) Walk Trail

July 4 (Tu) Fourth of July – No Classes

July 5 (Wed) Walk Trail

July 6 (Thur) 2nd Mile Walk Test / Walk trail

July 10 (Mon) Study session – Bring study-guide / Walk

July 11 (Tu) Walk trail / Healthy Recipe Due – (5pts / -1AB)

July 12 (Wed) Walk trail

July 13 (Thur) Walk / 2nd Written Exam

July 17 (Mon) Walk trail

July 18 (Tu) Walk trail

July 19 (Wed) Walk trail

July 20 (Thur) 3rd 1 mile walk test

July 24 (Mon) **Rails to Trails (5miles)** Meet at the Road in front of dorms

July 25 (Tu) Walk / Final Written Exam

July 26 (Wed) 4th Mile Walk Test / Walk

July 27 (Thur) Taking Body Measurements / Last day of class and

*****BE PREPARED TO WALK EVERYDAY!**

******If you must miss a test, prior arrangements must be made with the instructor,
or No make-ups will be allowed. NO EXCEPTIONS !!!**