

PE-16 Fitness Walking Syllabus

Summer 2023

Course Info

Course Title: PE 16 Fitness Walking (51018)

Meeting Room: ONLINE

Instructor: Onesta Francis

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Office Hours: <https://calendly.com/reedley-college-soccer/onesta-francis-office-hours?month=2022-01>

Course Objectives

1. Describe proper fitness walking technique.
2. Improve fitness level through exercise.
3. Identify the proper footwear 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.

Student Learning Outcomes

- PE-16 SLO1: assess the benefits of engaging in life-long leisure activities for lifetime physical fitness.
- PE-16 SLO2: demonstrate strategies for maintaining physical fitness by designing a personal fitness walking program.
- PE-16 SLO3: distinguish how exercising has had a positive impact on their current overall fitness.
- PE-16 SLO4: explain the value of cross-training as related to fitness walking

Necessary Equipment

1. Gym Clothes
2. Comfortable Walking Shoes
3. Smart Watch or Step Counter App

Grading Scale

A	90 and up
B	80-89
C	70-79
D	60-69
F	59 and down

Course Outline

1. Benefits of healthy lifestyle
2. Warm up and cool down activities
3. Assessing personal fitness
4. Distance training
5. Interval training
6. Strength Stations

Accommodations for Students with Disabilities

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

Drop Policy

If you have not submitted an assignment by the end of the first week, you will be dropped.

Late Policy

Each assignment has a built in 1-week late entry period. After the 1 week, the assignment will be locked. Assignments due on the last week of the semester must be submitted before July 28.