

Reedley College
Fitness Walking PE-16 Course Syllabus

Course Title: Fitness Walking

Course Number: PE-16

Class Days: Online

Phone: (559) 638-0354

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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. **Check in / Bio / Goals** – 5%
2. **Heart Rate Check / Understanding** – 5%
3. **Measured performance / Weekly Walks** – 70%
4. **Weekly Walking Logs / Summaries** – 10%
5. **Final Exam** – 10% (Final exam given the last week of class)
6. **Total** – 100%

Points / Scale

Grading Points	Grading Scale	Letter Grade
360 to 400	90 to 100%	A
320 to 359	80 to 89%	B
280 to 319	70 to 79%	C
260 to 279	65 to 69%	D
259 and below	Below 65%	F

Specific Grade/Point Breakdown

Week	Assignments	Point Value
Week 1	Class Check-in	5
	Welcomes and Introductions	5
	Walking Class Goals	10
	Heart Rate Calculation	15
	Weekly Walks	12
	Walk Logs / Summary	<u>3</u>
	Total Weekly Points	50
Week 2	Weekly Walks	12
	Walk Logs / Summary	<u>3</u>
	Total Weekly Points	15
Week 3	Weekly Walks	12
	Walk Logs / Summary	<u>3</u>
	Total Weekly Points	15
Week 4	Weekly Walks	12
	Walk Logs / Summary	3
	Quarterly Walking Evaluation	<u>10</u>
	Total Weekly Points	25
Week 5	Weekly Walks	12
	Walk Logs / Summary	<u>3</u>
	Total Weekly Points	15
Week 6	Weekly Walks	12
	Walk Logs / Summary	<u>3</u>
	Total Weekly Points	15
Week 7	Weekly Walks	12
	Walk Logs / Summary	<u>3</u>
	Total Weekly Points	15
Week 8	Weekly Walks	12
	Walk Logs / Summary	3
	Quarterly Walking Evaluation	<u>10</u>
	Total Weekly Points	25
Week 9	Weekly Walks	12
	Walk Logs / Summary	<u>3</u>
	Total Weekly Points	15
Week 10	Weekly Walks	12
	Walk Logs / Summary	<u>3</u>
	Total Weekly Points	15
Week 11	Weekly Walks	12

	Walk Logs / Summary Total Weekly Points	<u>3</u> 15
Week 12	Weekly Walks Walk Logs / Summary Quarterly Walking Evaluation Total Weekly Points	12 3 <u>10</u> 25
Week 13	Weekly Walks Walk Logs / Summary Total Weekly Points	12 <u>3</u> 15
Week 14	Weekly Walks Walk Logs / Summary Total Weekly Points	12 <u>3</u> 15
Week 15	Weekly Walks Walk Logs / Summary Total Weekly Points	12 <u>3</u> 15
Week 16	Weekly Walks Walk Logs / Summary Quarterly Walking Evaluation Total Weekly Points	12 3 <u>10</u> 25
Week 17	Weekly Walks Walk Logs / Summary Total Weekly Points	12 <u>3</u> 15
Week 18	Weekly Walks Walk Logs / Summary Final Exam Total Weekly Points	12 3 <u>55</u> 70
Total Class Points		400

ACCOMODATIONS FOR STUDENTS WITH DISABILITIES:

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 week** of the course will be dropped to make room for waitlisted students.