

Course Syllabus PE-16 (54028)

Class Meeting Times and Instructor Contact Information	
Term: Spring 2024	Instructor: Anthony Essien
Location: Track	Office: Men's Locker Room
Length: 18 weeks (01/08/24- 05/17/24)	Phone: 559-494-3000 ext. 3644
Transferable Units: 1	Email: anthony.essien@reedleycollege.edu

COURSE DESCRIPTION:

This course is designed to inform students of the numerous benefits associated with exercise through fitness walking. Furthermore, we will explore the principles of exercise, which will enhance cardiorespiratory fitness, endurance and flexibility.

PE-16 is UC/CSU unit transferable and meets a graduation requirement for the Reedley College Associates Degree.

COURSE OBJECTIVE:

Students will be able to:

1. Describe proper fitness walking techniques.
2. Measure target heart rate during exercise sessions.
3. Improve fitness level through exercise.
4. Explain the benefits of participating in lifelong fitness activities.
5. Recognize the mental benefits of fitness.
6. Understand the role nutrition plays in a complete fitness regimen.
7. Identify the proper foot wear for fitness walking
8. Evaluate personal level of cardiorespiratory efficiency.

COURSE OUTCOMES:

In the process of completing this course, students will:

1. Assess and understand 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. Discuss the benefits of exercise and how it has had a positive impact on their current overall fitness level.
4. Explain the value of cross-training as related to fitness walking.

RECOMMENDED BOOK:

There will be no required textbook. This course will contain videos relevant to the course content. The instructor will post videos and handouts that pertain to important information regarding the class.

ACCOMMODATIONS FOR STUDENTS WITH DISABILITIES:

If you have special verified needs addressed by the Americans with Disabilities Act (ADA), or section 504 of the Rehabilitation Act, please contact me as soon as possible.

PE-16 FITNESS WALKING DISCLAIMER

Exercise is not without inherent risks and this or any other exercise program may result in injury. As with any exercise program, if at any point during your workout you begin to feel faint, dizzy or have physical discomfort, you should stop immediately and consult a medical professional.

Students should report all injuries to the instructor immediately!

CLASS RULES:

Attendance is very important. Points will be deducted for each absence. Students missing (3) or more classes may be dropped for non-attendance.

Additional attendance will be recorded with you participating in online discussions and course homework assignments.

If students submit assignments after the due date without having made prior arrangements with the instructor, students will only receive half credit for those assignments.

Students are responsible for emailing the instructor 2 days prior to the due date regarding any issues pertaining to submitting the assignments by the due date.

Assignments can only be made up if prior arrangements have been made with the instructor or under extenuating circumstances.

GRADING SCALE:

Grading Scale	
Assignments	Possible Points
Tell me about yourself	5
Participation	50
Participation (Walking Logs)	160 points
Nutrition Quiz	10 points
Different Terrain Quiz	40 points
Final Exam	35 points
Total	300 points

IMPORTANT DATES:

January 19: Last day to drop a full-term class for refund.

January 28: Last day to register & last day to drop to avoid a "W" in person.

March 10: Last day to drop a full-term class (letter grade assigned after this date).

May 10: Last day of Instruction

May 13-17: Final Exams