

FITNESS WALKING T/Th 11:00-12:15pm
PE 16 - SECTION #54029
Spring 2024 Class Location: RC Track
TEXT: Walking for Fun & Fitness, 5th Edition
Jerald and Sandra Hawkins

INSTRUCTOR: SCOTT STARK
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OFFICE: MEN'S LOCKER ROOM
OFFICE PHONE: 638-3596
OFFICE HOURS: T/Th 10-11, 3-4 T

COURSE DESCRIPTION:

1. To increase each individual's level of cardiovascular and muscular endurance.
2. To learn the how, what, and why of proper fitness to help with general wellness and weight control.

DOWNLOAD WALKING APP: "Map My Walk" by Under Armour (Free App for your Phone)

COURSE OBJECTIVES:

Students will be able to:

1. Describe proper fitness walking technique.
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. Identify the proper foot wear for fitness walking
7. Evaluate personal level of cardiovascular efficiency.

COURSE OUTCOMES:

1. Students will be able to apply strategies for maintaining physical fitness by designing a personal fitness walking program.
2. Students will be able to distinguish how exercising has had a positive impact on their current overall fitness levels.
3. Students will be able to assess the value of cross-training as it relates to fitness walking.

COURSE GUIDELINES:

1. Students must dress out and participate in all class sessions. **PROPER** attire must be worn each day, including tennis shoes and socks. Lockers will be available, but only for daily use.
2. Students will be required to perform the Rockport Walk Test four times during the semester.
3. Students will be required to log in their walking distance and training heart-rate at the end of each class period.
4. Students will be required to take a 2-Mile Final Examination.
5. Students should report all injuries immediately to the instructor.

6. It is recommended that anyone 40 years of age or older have a physical exam and a doctor's clearance before participating.

GRADING PROCEDURE:

**Participation – ½ of grade is based on attendance and walking
12 Minute Rockport Walk Tests – (must show improvement)
(Last Thursday of every month during Spring semester)**

Walking Test #1 – Thursday, January 25th

Walking Test #2 – Thursday, February 29th

Walking Test #3 – Thursday, March 28th

Walking Test #4 – Thursday, April 25th

Final Examination (2 Miles) – Thursday, May 9th @ 11:00am

GRADE DETERMINATION:

A.....3 or fewer absences, participate in all Walk Tests, and a 90% or better on all exams.

B.....6 or fewer absences, participate in all Walk tests, and an 80% or better on all exams.

C.....9 or fewer absences, participate in all Walk Tests, and score 70% or better on all exams.

D.....12 or fewer absences, participate in only three of the Walk Tests, and score 60% or better on all exams.

F.....15 or more absences, and anything less than the above.

ACCOMMODATION STATEMENT:

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

DROP POLICY:

March 9, 2024 IS THE LAST DAY TO DROP W/O GETTING A LETTER GRADE!!

SCHOOL HOLIDAYS:

1. January 15th (Martin Luther King Jr. Day)

2. February 16th (Lincoln's Birthday)

3. February 19th (Washington's Birthday)

4. March 25th-March 28th (Spring Break)

ROCKPORT WALKING TEST TIME STANDARDS

1 MILE: (4 Monthly Tests)

12:00 – 13:25 90.0% A

13:26 – 15:00 80.0% B

15:01 – 17:15 70.0% C

17:16 – 20:00 60.0% D

20:01 – More <60.0% F

2 MILE: (Final Exam)

24:00 – 26:50 90.0% A

26:51 – 30:00 80.0% B

30:01 – 34:30 70.0% C

34:31 – 40:00 60.0% D

40:01 – More <60.0% F