

## SYLLABUS

### PHED 1140: Walking for Fitness

#### Catalog Course Description

A course designed to improve each student's level of cardiovascular fitness without the possible risks sometimes associated with higher intensity exercise. The Rockport Fitness Walking Test will be utilized in order to design individualized walking programs based on existing levels of cardiovascular fitness.

#### Prerequisites:

None

#### Textbook/Materials:

Fitness Walking Everyone, Kathryn L. Davis, 2<sup>nd</sup> Edition, 2005, Hunter Textbooks Inc.

#### Required Student Learning Outcomes:

PSLO 1: (Transfer Degree): acquire additional competencies needed for transfer to a BS/BA degree program

CSLO 1: Know the value of walking as a means of maintaining and/or increasing one's level of cardiovascular fitness.

CSLO 2: Demonstrate good walking techniques involved in strolling, fitness walking, striding, and race walking.

CSLO 3: Discuss the benefits of walking and its contribution to the development of weight control, cholesterol control, bone density, self-esteem, and over all well being.

CSLO 4: Discuss the contributions walking makes to the pursuit of lifetime fitness.

#### Required Assessments:

1. Unit One Exam: Questions assess student of the value of walking as a means of maintaining ones level of cardiovascular fitness (PSLO: 1; CSLO: 1).
2. Unit Two Exam: Questions assess knowledge of walking techniques with different types of walking (PSLO: 1; CSLO: 2).
3. Unit Three Exam: Questions assess the benefits of walking and weight control and the pursuit of lifetime fitness (PSLO: 1; CSLO: 3, 4).
4. Walking Log #1: Record time, distance, heart rate and weight (PSLO: 1; CSLO: 1, 2, 3).
5. Walking Log #2: Record time, distance, heart rate and weight (PSLO: 1; CSLO: 1, 2, 3).
6. Walking Log #3: Record time, distance, heart rate and weight (PSLO: 1; CSLO: 1, 2, 3).

#### CSLO/Assessment Alignment:

CSLO	CSLO 1	CSLO 2	CSLO 3	CSLO 4	CSLO 5	CSLO 6
Assessment	Exam #1	Walking Log #1	Exam #2	Walking Log #2	Exam #3	Walking Log #3

**Topics:**

1. Course overview. Perform basic stretching exercises. Warming up and cooling down.
2. Calculation of target heart rate, monitoring the heart rate while walking, and demonstration of the Rockport Fitness Walking Test.
3. Interpretation of the Rockport Fitness Walking Test results, design of individualized walking programs based upon existing cardiovascular fitness levels, and review of basic stretching exercises.
4. Understand the concepts of frequency, intensity and time. Understand the importance of good walking techniques.
5. Discuss cardiovascular benefits of walking, proper breathing while walking and determination of proper stride.
6. Demonstrate the two arm swing positions. Participants practice correct arm swing. Describe the basics of choosing walking shoes.
7. Demonstrate the use of the mileage logs.
8. Explain the effects of walking on one's self-esteem, the different components of physical fitness, and how to monitor one's own walking form.
9. Demonstrate exercises. Review of basic stretches and demonstrate mistakes commonly made in stretching. Setting goals and being realistic in goal setting.
10. Discuss walking as a stress reliever. Explain the basics of walking as a part of a weight control program.
11. Discuss precautions to take when walking in hot and cold weather.
12. Design an appropriate walking route. Identify the importance of proper eating habits.
13. Identify strategies to stay motivated for exercise.
14. Post one mile Rockport Fitness Walking Test, review results of the Rockport Fitness Walking Test. Discuss walking as a lifetime exercise program.
15. Workout logs will be due on scheduled Final Exam day.

**Assessments**

1.	Determining Readiness for Fitness Walking	5	Physical exam if needed
	Letter of Agreement	5	Syllabus
	Pre Assessments and Pre Testing	10	
	Test: Part 1	10	
	First Walking Log	5	Miles Walked
	Test: Part 2	10	
	Second Walking Log	5	Miles Walked
	Test: Part 3	10	
	Post Assessments and Post Testing	10	
	Final Walking for Fitness Daily Log (60 + Miles)	<u>30</u>	Total Miles Walked

TOTAL Points: 100

60 + miles	30 points
50 - 59 miles	20 points
40 - 49 miles	10 points
30 - 39 miles	5 points

2. Daily workout log sheets: A daily record of time, distance, and heart rate must be kept.
3. Students are encouraged to participate in walk-a-thons, such as the American Heart Walk March of Dimes, and etc. You may record these events in your walking log as part of your class participation.
4. Final grades are based on cumulative points totals and the grading scale scribed in the Chattanooga State catalog.

## **Grading Scale**

A = 90 - 100  
B = 80 - 89  
C = 70 - 79  
D = 65 - 69  
F = 64 and Below

## **Course Delivery Format Options**

Faculty may require on-line activities and assignments to include on-line tests and submission of all written and on-line communications. The extent of on-line activities/assignments may vary by course but will be specified on the syllabus.

**Standard Format** – This format is the traditional format and may use an online format to provide access to “static” materials which include the syllabus, course material, contact information, and presentations. Faculty must make available when requested a copy of syllabus and any other instructor provided course materials, including their contact information. Faculty may require on-line activities and assignments to include online tests and submission of all written and on-line communications. The extent of on-line activities/assignments may vary by course but will be specified on the syllabus.

**Hybrid Format** – This format requires significant online activity. Students in hybrid classes must access course content and assessments using the Internet in order to pass the class, whether it meets full-time or part-time in the classroom. Faculty need not hand out a copy of the syllabus and any other required course material, including their contact information.

**On-line Format** – This format requires that the entire class be conducted online. The syllabus, course material, contact information, and presentations will be provided online through the course management system. Assessments may be conducted online or in a proctored environment.

## **College Policies**

**This class is governed by the policies and procedures stated in the current Chattanooga State Student Handbook. Additional or more specific guidelines may apply.**

### **ADA Statement**

Students who have educational, psychological, and/or physical disabilities may be eligible for accommodations that provide equal access to educational programs and activities at Chattanooga State. These students should notify the instructor immediately, and should contact Disabilities Support Services within the first two weeks of the semester in order to discuss individual needs. The student must provide documentation of the disability so that reasonable accommodations can be requested in a timely manner. All students are expected to fulfill essential course requirements in order to receive a passing grade in a class, with or without reasonable accommodations.

### **Disruptive Students**

The term “classroom disruption” means – student behavior that a reasonable person would view as substantially or repeatedly interfering with the activities of a class. A student who persists in disrupting a class will be directed by the faculty member to leave the classroom for the remainder of the class period. The student will be told the reason(s) for such action and given an opportunity to discuss the matter with the faculty member as soon as practical. The faculty member will promptly consult with the division dean and the college judicial officer. If a disruption is serious, and other reasonable measures have failed, the class may be adjourned, and the campus police summoned. Unauthorized use of any electronic device constitutes a disturbance. Also, if a student is concerned about the conduct of another student, he or she should please see the teacher, department head, or division dean.

**Affirmative Action**

Students who feel that he or she has not received equal access to educational programming should contact the college affirmative action officer.

**Academic Integrity/Academic Honesty**

In their academic activities, students are expected to maintain high standards of honesty and integrity. Academic dishonesty is prohibited. Such conduct includes, but is not limited to, an attempt by one or more students to use unauthorized information in the taking of an exam, to submit as one's own work, themes, reports, drawings, laboratory notes, computer programs, or other products prepared by another person, or to knowingly assist another student in obtaining or using unauthorized materials. Plagiarism, cheating, and other forms of academic dishonesty are prohibited. Students guilty of academic misconduct, either directly or indirectly through participation or assistance, are immediately responsible to the instructor of the class. In addition to other possible disciplinary sanctions, which may be imposed through the regular institutional procedures as a result of academic misconduct, the instructor has the authority to assign an "F" or zero for an activity or to assign an "F" for the course.

**The instructor reserves the right to modify this syllabus in writing during the course of the semester.**

**Instructor Policies**

*(Instructor-specific class policies will be placed here)*