

KINE-148B: INTERMEDIATE WALKING FOR FITNESS

Effective Term

Fall 2020

BOT Approval

02/13/2020

SECTION A - Course Data Elements
CB04 Credit Status

Credit - Degree Applicable

Discipline

Minimum Qualifications	And/Or
Coaching (Any Degree and Professional Experience)	Or
Health (Master's Degree)	Or
Physical Education (Master's Degree)	Or

Subject Code

KINE - Kinesiology

Course Number

148B

Department

Kinesiology

Division

Kinesiology & Athletics

Full Course Title

Intermediate Walking for Fitness

Short Title

Int Walking for Fitness

CB03 TOP Code

1270.00 - Kinesiology

CB08 Basic Skills Status

NBS - Not Basic Skills

CB09 SAM Code

E - Non-Occupational

Rationale

Changing subject code to KINE. Changing hours and units, no longer variable. Add recommended prep.

SECTION B - Course Description
Catalog Course Description

This course is designed to develop skills for advanced cardiovascular training using advanced walking and race walking.

SECTION C - Conditions on Enrollment
Open Entry/Open Exit

No

Repeatability

Not Repeatable

Grading Options

Letter Grade or Pass/No Pass

Allow Audit

Yes

Requisites**Advisory Prerequisite(s)**

Completion of KINE-148 with a minimum grade of C.

SECTION D - Course Standards**Is this course variable unit?**

No

Units

1.50

Activity Hours

54.00

Outside of Class Hours

27

Total Contact Hours

54

Total Student Hours

81

Distance Education Approval**Is this course offered through Distance Education?**

Yes

Online Delivery Methods

DE Modalities	Permanent or Emergency Only?
Entirely Online	Permanent
Hybrid	Permanent

SECTION E - Course Content**Student Learning Outcomes**

Upon satisfactory completion of the course, students will be able to:	
1.	Student will demonstrate advanced walking routines: interval walking, speed training, fartlek training, pole training, race walking, pole walking and treadmill training.
2.	Students will be prepared to demonstrate various walking formats.

Course Objectives

Upon satisfactory completion of the course, students will be able to:	
1.	Identify types of walking.
2.	Develop competitive goals.
3.	Develop walking program with the FIT formula.
4.	Identify and develop advanced walking routines.
5.	Utilize poles to assist walking.
6.	Develop weight training and proper nutrition for advanced walking.
7.	Test and measure cardiovascular fitness.

Course Content

1. Types of Walking: lifestyle, fitness, high energy, walk run
2. Goal setting
3. Proper nutrition and how to fuel your body
4. Walking Program with the FIT formula
5. Managing the weather
6. Use of pedometer
7. Strength training for advanced walking
8. Advanced walking routines: interval walking, speed training, fartlek training, pole training, race walking
9. Pole walking
10. Treadmill walking
11. Cardiovascular testing and measurement
12. Anatomy involved in walking

Methods of Instruction

Methods of Instruction

Types	Examples of learning activities
Activity	Students will be required to complete the Harvard Step Test. Students will be required to complete in one competitive race.
Lab	Timed walks, cardiovascular and strength tests
Lecture	Topics will include safety, nutrition, proper technique, alternative styles of walking, and technique.

Online Adaptation

Types	Examples of learning activities
Activity	
Directed Study	
Discussion	
Group Work	
Individualized Instruction	
Journal	
Lecture	

Instructor-Initiated Online Contact Types

Announcements/Bulletin Boards
 Chat Rooms
 Discussion Boards
 E-mail Communication
 Telephone Conversations
 Video or Teleconferencing

Student-Initiated Online Contact Types

Chat Rooms
 Discussions
 Group Work

Course design is accessible

Yes

Methods of Evaluation

Methods of Evaluation

Types	Examples of classroom assessments
Exams/Tests	True/false and multiple choice
Lab Activities	Cardiovascular fitness testing
Other	Journal writing to monitor progress.

Assignments

Reading Assignments

Students will be required to complete reading assignments from text and from class handouts.

Readings will include the USDA Choose My Plate website for nutritional information.

Readings will include Anatomy for Strength and Fitness Training by Mark Vella for articles on foot and leg anatomy.

Writing Assignments

Students will maintain a journal of walking experiences.

Students will be required to record testing results and analyze and develop training programs from analysis.

Outside-of-Class Assignments

Students will be required to complete cardiovascular fitness testing.

Students will be tested on the Harvard Step Test, and One mile Walk/Run

Students will be required to participate in one competitive Walk Run event and will journal goal setting and performance evaluation.

SECTION F - Textbooks and Instructional Materials

Material Type

Textbook

Author

Barough, N.

Title

Walking for Fitness

Edition/Version

1st

Publisher

DK

Year

2016

SECTION G - Diversity, Equity and Inclusivity

Course Codes (Admin Only)

CB00 State ID

CCC000616684

CB10 Cooperative Work Experience Status

N - Is Not Part of a Cooperative Work Experience Education Program

CB11 Course Classification Status

Y - Credit Course

CB13 Special Class Status

N - The Course is Not an Approved Special Class

CB23 Funding Agency Category

Y - Not Applicable (Funding Not Used)

CB24 Program Course Status

Program Applicable

Allow Pass/No Pass

Yes

Only Pass/No Pass

No