

KINE-148: 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

148

Department

Kinesiology

Division

Kinesiology & Athletics

Full Course Title

Walking for Fitness

Short Title

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.

SECTION B - Course Description
Catalog Course Description

Instruction in this course is focused on improving cardiovascular endurance through a safe and effective exercise program of 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**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.	Students will identify the components of cardiovascular fitness.
2.	Students will apply proper walking technique and will evaluate an individual walking plan.

Course Objectives

Upon satisfactory completion of the course, students will be able to:	
1.	Increase cardiovascular endurance
2.	Analyze and explain principles of cardiovascular responses (i.e., heart rate)
3.	Demonstrate ability to measure various cardiovascular responses (i.e., taking pulse rate)
4.	Synthesize knowledge of flexibility, balance, strength, and body control and awareness
5.	Improve muscle tone
6.	Apply principles of proper walking technique
7.	Demonstrate ability to develop, implement and evaluate individual walking plan
8.	Demonstrate knowledge of proper shoes needed for different walking plans.

Course Content

1. Understanding heart rate
 - a. monitor pulse
 - b. calculate target zone
 - c. training effect (WHR - working heart rate, RHR - length of performance resting heart rate)
2. Health and Fitness Profile (pre-test/post-test)
 - a. set individual goals
 - b. aerobic efficiency (1 mile walking assessment)
 - c. muscular strength and endurance (sit-ups, push-ups, wall sit)
 - d. flexibility (sit and reach)
3. Equipment/Wearing apparel
 - a. loose-fitting, comfortable casual wear
 - b. shoes (comfortable, light weight, wide toe box, heel support, cushioning and flexible)
 - c. 1 or 2 lb. weights
4. Walking Technique
 - a. posture (body carriage)
 - b. foot placement, stride analysis
 - c. arm swing
 - d. breathing
 - e. injury prevention
5. Students are placed on an individual walking program based on the results of their assessments
6. Warm-up
 - a. 5 minute moderate walk
 - b. light stretching
7. Walking
 - a. 5-30 minutes/based on placement from walking assessment
 - b. pulse rate measured every 5-8 minutes (approximately a 2 minute increase in walking time each week until you reach 30 minutes)
8. Cool down
 - a. moderate walking - to allow heart rate to decrease gradually (5 minutes)
 - b. strengthening exercises
 - c. stretching exercises
 - d. relaxation
9. Diet and Nutrition
 - a. food group
 - b. fluids
 - c. vitamins and minerals

Methods of Instruction

Methods of Instruction

Types	Examples of learning activities
Activity	Testing and measurements
Lab	Cardiovascular fitness testing
Lecture	

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	Multiple choice/true false Final written or practical exam
Lab Activities	Cardiovascular testing and measurement Class assignments Journal project

Assignments**Reading Assignments**

Students will be required to read the USDA website called Choose my Plate for nutritional information.

Students will be required to read class handout: Injury Prevention and Treatment and develop a treatment program for shin splints and a sprained ankle.

Writing Assignments

Writing of journal project and progress reports. student will be required to establish goals and to evaluate the goals. Students will be required maintain a log of physical activity.

Students will be required to complete short essay assignments.

Examples will include:

1. Describe the physiological changes that occur as one becomes fit.
2. What are the psychological impacts of a regular aerobic walking program?
3. Develop a walking program for the following age groups: 12-15, 20-30, 60-70. What similarities and differences exist?

Outside-of-Class Assignments

Students may be asked to present or write a reflection and analysis concerning their personal progress in the class.

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
CCC000616683

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