

BUTTE COLLEGE

COURSE OUTLINE

I. CATALOG DESCRIPTION

KIN 52 - Walking for Fitness

1.5 Unit(s)

Prerequisite(s): NONE

Recommended Prep: NONE

Transfer Status: CSU/UC

17 hours Lecture

34 hours Lab

This course provides instruction in the fundamental skills of walking to improve cardiovascular fitness. Students will learn types of walking, workout strategies, and the components of fitness will be examined.

II. OBJECTIVES

Upon successful completion of this course, the student will be able to:

- A. demonstrate a basic knowledge of walking for fitness as it relates to cardiovascular fitness.
- B. perform the various walking styles involving gait pattern, stride frequency, and stride length.
- C. identify the physiological benefits of an increased heart rate as it relates to overall health.
- D. describe the benefits of walking as it pertains to injury prevention and the promotion of health and wellness.

III. COURSE CONTENT

A. Unit Titles/Suggested Time Schedule

Lecture

<u>Topics</u>	<u>Hours</u>
1. Introduction to Walking	1.00
2. Safety Factors	1.00
3. Components of Fitness	1.00
4. Types of Walking	1.00
5. Basic Six Stretches for Walking	1.00
6. Prevention and Treatment of Walking Injuries	1.50
7. Benefits of Walking: Nature's Most Perfect Exercise	2.00
8. Calculating Your Target Heart Rate	1.00
9. Academic Review of Fitness Assessment Options: Mile Walk; 12 Minute Walk/Run or 1.5 Mile Run	0.50
10. Progressive Walking Programs-Beginning, Intermediate, Advanced	1.00
11. Walking and Effective Weight Loss	1.00
12. Proper Nutrition and Exercise	2.00
13. Physical Activity and Health	2.00
14. Walking and Heart Disease Prevention	1.00
Total Hours	17.00

Lab

<u>Topics</u>	<u>Hours</u>
1. Introduction to Walking for Fitness	2.00

2. Safety Factors	2.00
3. Components of Fitness	2.00
4. Types of Walking	2.00
5. Basic Six Stretches for Walking	2.00
6. Prevention and Treatment of Walking Injuries	2.00
7. Benefits of Walking: Nature's Most Perfect Exercise	2.00
8. Calculating Your Target Heart Rate	1.50
9. Fitness Assessment: Mile Walk, 12 Minute Walk/Run or 1.5 Mile Run	1.00
10. Progressive Walking Programs-Beginning, Intermediate, Advanced	10.00
11. Walking and Effective Weight Loss	1.50
12. Proper Nutrition and Exercise	2.00
13. Physical Activity and Health	2.00
14. Walking and Heart Disease Prevention	2.00
Total Hours	34.00

IV. **METHODS OF INSTRUCTION**

- A. Lecture
- B. Homework: Students are required to complete two hours of outside-of-class homework for each hour of lecture
- C. Discussion
- D. Demonstrations
- E. Multimedia Presentations
- F. Drill/Practical

V. **METHODS OF EVALUATION**

- A. Demonstration
- B. Class participation
- C. Written Assignments
- D. Written or Oral Examinations
- E. Class Discussion
- F. Practical evaluations

VI. **EXAMPLES OF ASSIGNMENTS**

- A. Reading Assignments
 - 1. Read and be prepared to discuss the handout on the "Benefits of Walking."
 - 2. Read and be prepared to discuss the two handouts on calculating your "Exercise Target Heart Rate."
- B. Writing Assignments
 - 1. Design a four week walking workout program.
 - 2. Write a 400-500 word essay on "Why or Why Not" you will continue with a walking program when the semester is over.
- C. Out-of-Class Assignments
 - 1. Attend, observe, or participate in a community walking event.
 - 2. Research and read the Choosemyplate.gov website; listing five suggestions or recommendations on nutritional information new to you.

VII. **RECOMMENDED MATERIALS OF INSTRUCTION**

Materials Other Than Textbooks:

A. A. Materials will vary depending upon the activity requirements. B. The student will be required to provide: a. Athletic apparel b. Athletic shoes

Created/Revised by: Carol Stanley-Hall
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