

Las Positas College  
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## Course Outline for KIN FW2

### FITNESS WALKING 2

Effective: Fall 2015

#### I. CATALOG DESCRIPTION:

KIN FW2 — FITNESS WALKING 2 — 1.00 - 2.00 units

This course is a continuation course to the Jog/Walk class (KIN JW). The proper technique and fundamental principles of training for this activity will be reviewed. Basic exercise physiology will be discussed. The student will be given training regimens to increase their pace, speed, distance and endurance for middle distances i.e.) 5K - 10K. Nutritional requirements and dietary advice will be presented. Training logs will be used to document performance. Pre and post walk/jog assessments will be done to establish a baseline of conditioning and reflect increases in performance.

1.00 - 2.00 Units Lab

#### Prerequisite

KIN JW - JOG/WALK  
with a minimum grade of C

#### Grading Methods:

Letter or P/NP

#### Discipline:

**Family:** Kinesiology Fitness Walking

	<u>MIN</u>	<u>MAX</u>
<b>Lab Hours:</b>	54.00	108.00
<b>Total Hours:</b>	54.00	108.00

#### II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: 1

#### III. PREREQUISITE AND/OR ADVISORY SKILLS:

**Before entering the course a student should be able to:**

##### A. KINJW

1. Select appropriate footwear and apparel for various weather conditions
2. Articulate the principles of training related to Cardio/Aerobic exercise
3. Calculate Target Heart Rate (Karvonen Formula) and assess exercise intensity during training
4. Exhibit correct techniques related to speed, power, terrain and elevation for functional effectiveness
5. Assess pace required to achieve the minutes per mile requirement of individual performances
6. Utilize rhythmic aerobic exercise to maintain healthy body composition

#### IV. MEASURABLE OBJECTIVES:

**Upon completion of this course, the student should be able to:**

- A. Articulate the benefits of warm up and cool down as applied to aerobic/cardio training
- B. Discuss the Aerobic Zone and its tenets of exercise physiology
- C. Exhibit the physical conditioning required for middle distances - 5-10K
- D. Maintain a consistent pace time per mile over the middle distances
- E. Identify the nutritional needs of 5K and 10K distance training/performance
- F. Advocate the merits of a consistent/ongoing exercise program

#### V. CONTENT:

- A. Review of proper basic techniques and fundamental principles of training with respect to walk/jog activity
- B. Components of Warm up and Cool down for middle distance walking/jogging
  1. Warm Up
    - a. Vasodilation of arterial system to prepare cardiovascular system to deliver oxygen to the working muscle groups.
    - b. Gradual increase in heart rate and respiratory rate to meet the demands of the exercise intensity and fuel requirements.
    - c. Flexibility Exercises to increase the musculoskeletal elasticity and extensibility of connect tissues.
  2. Cool Down
    - a. aid venous return to the heart and prevents blood pooling in lower extremities
    - b. reduces muscle spasms secondary to fatigued muscles and lengthens the "muscle's belly"
    - c. Lactic acid residual (fatiguing metabolite resulting from incomplete metabolism of sugar) in muscles to prevent temporary muscle soreness

- C. Energy System used in aerobic/cardiovascular training program for middle distance.
  - 1. The Aerobic Zone - 70-80% of Target Heart Rate
    - a. improve cardiovascular capacity (VO2 Uptake)
    - b. body's ability to transport oxygen
    - c. removal of carbon dioxide from working muscles
    - d. metabolize adipose as an energy source
    - e. lactic acid tends to accumulate as a by-product of glycolysis resulting in feelings of fatigue and temporary muscle soreness
- D. Building Strength and Endurance for 5K - 10 K distances
  - 1. benefits of cardio endurance training
  - 2. exercise drill to increase endurance, leg strength, and power
  - 3. interval training tactics for middle distances
  - 4. incorporate pacing into training regimens to improve development of skill
  - 5. building speed - in class time events to enhance progress
- E. Nutritional Needs for middle distance training
  - 1. hydration and fluid needs
  - 2. carbohydrate and dietary fat requirements
  - 3. avoiding caffeine, salt and sugary energy drinks in diet
- F. Psychological concepts of distance walking/jogging
  - 1. natural endorphines
  - 2. natural "high" from distance training
- G. Maintaining an on-going personal training program
  - 1. commitment
    - a. establishing training schedules to include daily, weekly, and monthly goals
  - 2. training logs of performance and improvement
  - 3. support from significant others
  - 4. attending walk/jog events locally

#### VI. METHODS OF INSTRUCTION:

- A. **Discussion** -
- B. **Individualized Instruction** - Individualized comments or corrections given when needed.
- C. **Classroom Activity** - Student participation in class workouts.
- D. **Lecture** -

#### VII. TYPICAL ASSIGNMENTS:

- A. Determine training pace for 5K distance, and consistently replicate that time.
- B. Work on "accelerations" during mile 2 of a 5K training workout.
- C. Monitor weekly mileage and record training changes.
- D. Student journal daily dietary intake for 3 days to make sure they are getting the dietary requirements for the distance.
- E. Do a research paper on the psychological effects of distance exercise.

#### VIII. EVALUATION:

##### A. **Methods**

- 1. Papers
- 2. Class Participation
- 3. Final Class Performance
- 4. Other:
  - a. Each student will do a pre-assessment to establish their level and physical conditioning. This will be used to establish beginning regimen and improvement over the course of the semester.
  - b. In class written assignments will be graded on content - dietary log, training log, and research paper on psychological benefits.
  - c. Each student will complete a 5 or 10K distance in the final class activity based on personal goal set.

##### B. **Frequency**

- 1. Daily attendance and active participation will be noted.
- 2. Written assignments will be completed throughout the semester as assigned.
- 3. Final performance requirement will be completed during Finals week as determined by the College

#### IX. TYPICAL TEXTS:

- 1. Hawkins, Jerald *Walking for Fun and Fitness*. 4th ed., Brooks Cole, 2012.
- 2. Rosato, Frank *Walking and Jogging for Health and Wellness*. 6th ed., Brooks Cole, 2012.
- 3. Rosato, F.. *Walking and Jogging for Health and Wellness*. 6th ed., Cengage Learning Activity Series, 2011.

#### X. OTHER MATERIALS REQUIRED OF STUDENTS:

- A. Students will need to wear appropriate footwear and attire.