

Las Positas College
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Course Outline for KIN FW3

FITNESS WALKING 3

Effective: Fall 2015

I. CATALOG DESCRIPTION:

KIN FW3 — FITNESS WALKING 3 — 1.00 - 2.00 units

This is a continuation course for Fitness Walking 2. The course will continue to enhance one's knowledge of using walking/jogging in competition, whether it be cross country events, local race events, fun runs or competitive recreational events. Emphasis will be on speed work, terrain training, endurance development and training for varying outdoor weather conditions. The physiological and psychological aspects of competitive activity is presented. Training regimens and performances will be documented in logs for assessment and training adjustments. Nutritional and treatment of typical chronic orthopedic injuries will be discussed. Extracurricular and off campus events will be encouraged.

1.00 - 2.00 Units Lab

Strongly Recommended

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

KIN FW2 - Fitness Walking 2
with a minimum grade of C

Grading Methods:

Letter or P/NP

Discipline:

- Physical Education

Family: Kinesiology Fitness Walking

	MIN	MAX
Lab Hours:	54.00	108.00
Total Hours:	54.00	108.00

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

III. PREREQUISITE AND/OR ADVISORY SKILLS:

Before entering this course, it is strongly recommended that the 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

B. KINFW2

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

IV. MEASURABLE OBJECTIVES:

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

- A. Articulate the differences in preparing for competitive events versus fitness walking programs
- B. Evaluate footwear patterns to correct technique and improve performance
- C. Participate in various terrain training regimens
- D. Perform workout drills correctly
- E. Choose appropriate nutritional needs for competition

- F. Exhibit knowledge of treatment of chronic orthopedic injuries associated with walk/jog/running training
- G. Participate in competitive events of various distances

V. CONTENT:

- A. Discussion of preparing for distance and competitive events versus personal walking/jogging programs for healthy lifestyle.
 - 1. mental focus
 - 2. natural "high" experience
 - 3. recognition of "hitting the wall"
 - 4. awareness of physical exhaustion, heat exhaustion & dehydration with racing
 - 5. varying weather conditions
- B. Gait assessment
 - 1. adjustments for improved performance
 - 2. corrections for injury prevention
 - 3. evaluation of footwear for wear patterns to correct gait anomalies
- C. Training principles for various terrains
 - 1. interval training on level ground/tracks/asphalt
 - 2. terrain training for hills, mud, sand
 - 3. fartlek training
- D. Workout drills and regimens for
 - 1. pace setting to remain consistent throughout the event
 - 2. endurance-for musculoskeletal and cardio/pulmonary systems
 - 3. in-class timed events for speed performance improvement
 - 4. logs of training and performance results
- E. Nutritional Needs of Competition
 - 1. water/fluid requirements
 - 2. carbohydrate and dietary fat intake for adequate energy sources
 - 3. pre-competition meals
 - 4. healthy/nutritious snacks during competitive events
- F. Rx for typical chronic orthopedic injuries
 - 1. blisters
 - 2. lesions on feet
 - 3. strains - hamstrings, groin, gastrocnemius/soleus complex, achilles tendon
 - 4. shin splints, tendonitis, bursitis, patellar tendonitis.
 - 5. chondromalacia

VI. METHODS OF INSTRUCTION:

- A. **Lecture** -
- B. **Observation and Demonstration** -
- C. **Classroom Activity** - Student participation in class workouts.
- D. **Individualized Instruction** - Individual comments or corrections given when needed.
- E. Encouraged extracurricular, off campus competitive events

VII. TYPICAL ASSIGNMENTS:

- A. Complete a training walk using accelerations every 100 yards.
- B. Train at shorter distances with hand or ankle weights.
- C. Complete a series of core-strengthening exercises (e.g. progressive pushups, planks.)
- D. Research nutritional/dietary needs during competition and pre-meal events
- E. Training logs kept to monitor progress and make training adjustments

VIII. EVALUATION:

A. **Methods**

- 1. Papers
- 2. Projects
- 3. Class Participation
- 4. Final Class Performance

B. **Frequency**

Daily attendance and active participation will be notes

Daily observation and assessment of training performance will be documented

Final Class performance completed during Finals weeks as determined by the College

IX. TYPICAL TEXTS:

- 1. Rosato, Frank (2012). *Walking and Jogging for Health and Wellness* (6th ed.). : Brooks Cole.
- 2. Hawkins, Jerald (2012). *Walking for Fun and Fitness* (4th ed.). : Brooks Cole.
- 3. Miller, PhD, T. (2013). *Programmed to Run* (first ed.). Champagne, Illinois: Human Kinetics.

X. OTHER MATERIALS REQUIRED OF STUDENTS:

- A. Appropriate athletic walking shoes and workout attire for various weather conditions
- B. Water bottle and appropriate fluids to prevent dehydration
- C. Healthy Snacks for fuel replenishment