

Las Positas College
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Course Outline for KIN FW 3

FITNESS WALKING 3

Effective: Fall 2013

I. CATALOG DESCRIPTION:

KIN FW 3 — FITNESS WALKING 3 — 0.50 - 2.00 units

This is an advanced walking course that involves intensive training. The purpose is to prepare the student to be competitive in extracurricular race events. Emphasis will be on speedwork and hill training.

0.50 - 2.00 Units Lab

Strongly Recommended

KIN FW1 - Fitness Walking 1
with a minimum grade of C

Grading Methods:

Letter or P/NP

Discipline:

| | <u>MIN</u> | <u>MAX</u> |
|---------------------|------------|------------|
| Lab Hours: | 27.00 | 108.00 |
| Total Hours: | 27.00 | 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. KINFW1

IV. MEASURABLE OBJECTIVES:

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

- A. Consistently determine correct pace time per mile
- B. Regularly train at 5K and 10K distances
- C. Comfortably participate in 10K distance events
- D. Successfully complete the half-marathon distance (13.1 miles)

V. CONTENT:

- A. Specific adjustments and corrections for improved performance
- B. Workout drills to increase speed and endurance
- C. Interval training on level ground and hills
- D. The important role of mental focus during long-distance events
- E. In-class timed competitive events

VI. METHODS OF INSTRUCTION:

- A. **Individualized Instruction** - Individual comments or corrections given when needed.
- B. **Classroom Activity** - Student participation in class workouts.
- C. **Field Trips** - Participation in scheduled weekend racing 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.)

VIII. EVALUATION:

A. **Methods**

1. Class Participation
2. Final Class Performance

B. **Frequency**

Daily assessment of participation.

IX. TYPICAL TEXTS:

1. Rosato, Frank *Walking and Jogging for Health and Wellness*. 6th ed., Brooks Cole, 2012.
2. Iknoian, Therese *Fitness Walking*. 2nd ed., Human Kinetics, 2005.
3. Hawkins, Jerald *Walking for Fun and Fitness*. 4th ed., Brooks Cole, 2012.

X. OTHER MATERIALS REQUIRED OF STUDENTS:

- A. Appropriate athletic walking shoes and workout attire.