

Las Positas College
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Course Outline for KIN CW

INTERMEDIATE/COMPETITIVE WALKING

Effective: Spring 2008

I. CATALOG DESCRIPTION:

KIN CW — INTERMEDIATE/COMPETITIVE WALKING — 0.50 - 2.00 units

This course is designed as a training program for individuals interested in increasing their walking speed. There will be five off-campus weekend training sessions or competitive walking events during the semester.

0.50 - 2.00 Units Lab

Grading Methods:

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: 4

III. PREREQUISITE AND/OR ADVISORY SKILLS:

IV. MEASURABLE OBJECTIVES:

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

- A. Locate pulse to determine training heart rate
- B. Demonstrate increased cardiovascular fitness and endurance
- C. Demonstrate correct form for movement efficiency
- D. Describe techniques to improve performance
- E. Determine his/her pace time per mile
- F. Evaluate his/her personal performance efforts
- G. Confidently participate in community walking events

V. CONTENT:

- A. Elementary human anatomy/physiological concepts related to walking
- B. Exercise programs to develop flexibility, endurance, and strength
- C. Selection and use of the appropriate footwear and attire for walking
- D. Different terrain and elevation considerations
- E. Correct form for efficient and effective walking
- F. Techniques to improve speed and power
- G. Intensity workouts for strength and power
- H. Individual estimation of pace time per mile

VI. METHODS OF INSTRUCTION:

- A. Student participation in class workouts
- B. Verbal explanation accompanied by demonstration
- C. Instruction given to the whole class with individual comments given when needed

VII. TYPICAL ASSIGNMENTS:

A. Students monitor heart rate before exercise, training rate during exercise, and recovery rate after exercise. B. Students concentrate on speed work by using acceleration techniques and foot push-off. C. Class members meet at pre-determined off-campus location for training session.

VIII. EVALUATION:

A. **Methods**

- 1. Class Participation
- 2. Other:
 - a. Student participation
 - 1. Participation is evaluated daily
 - b. Fitness improvement as determined by increased speed and student's self-evaluation

B. **Frequency**

IX. TYPICAL TEXTS:

1. Seiger and Hesson *Walking for Fitness*. 4th ed., Brown & Benchmark, 2001.

X. OTHER MATERIALS REQUIRED OF STUDENTS:

- A. Students will need to wear appropriate walking shoes and attire.