

Las Positas College  
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## Course Outline for KIN FW

### FITNESS WALKING

Effective: Spring 2008

#### I. CATALOG DESCRIPTION:

KIN FW — FITNESS WALKING — 0.50 - 2.00 units

This course provides a cardiovascular activity that will benefit anyone, regardless of age or fitness level. Individualized walking programs are designed to promote general overall fitness. Walking speed and power will be improved through the practice of effective and technically correct movement patterns.

0.50 - 2.00 Units Lab

#### Grading Methods:

#### Discipline:

	<u>MIN</u>	<u>MAX</u>
<b>Lab Hours:</b>	27.00	108.00
<b>Total Hours:</b>	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 improved 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. Discuss the benefits of maintaining a regular exercise program;
- G. Evaluate the merits of exercise programs.

#### 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. Individual estimation of pace time per mile
- H. In-class competitive events

#### VI. METHODS OF INSTRUCTION:

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

#### VII. TYPICAL ASSIGNMENTS:

A. Students practice proper form when walking uphill. B. Students monitor training heart rate after workout. C. During in-class ETA (Estimated Time of Arrival) event, students 'guess' their finish time.

#### VIII. EVALUATION:

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

- 1. Class Participation
- 2. Other:
  - a. Student 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.