

Las Positas College  
3000 Campus Hill Drive  
Livermore, CA 94551-7650  
(925) 424-1000  
(925) 443-0742 (Fax)

## Course Outline for KIN FW1

### FITNESS WALKING 1

Effective: Spring 2015

#### I. CATALOG DESCRIPTION:

KIN FW1 — FITNESS WALKING 1 — 1.00 - 2.00 units

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

1.00 - 2.00 Units Lab

#### 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:

#### IV. MEASURABLE OBJECTIVES:

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

- A. Demonstrate correct form for movement efficiency;
- B. Determine appropriate training heart rate for maximum cardiovascular efficiency
- C. Demonstrate improved cardiovascular fitness and endurance;
- D. Discuss the benefits of a consistent exercise program.
- E. Comfortably walk a distance of 5K (3.1 miles)

#### V. CONTENT:

- A. Elementary human anatomy/physiological concepts related to cardiovascular development
- B. Exercises to develop flexibility, endurance, and strength
- C. Selection and use of the appropriate footwear and attire for walking
- D. Correct form for efficient and effective walking
- E. Techniques to increase distance
- F. In-class competitive events

#### VI. METHODS OF INSTRUCTION:

- A. **Demonstration** - Verbal explanation accompanied by demonstration.
- B. **Individualized Instruction** - Individual comments or corrections given when needed.
- C. **Classroom Activity** - Student participation in class workouts.

#### VII. TYPICAL ASSIGNMENTS:

- A. Students practice proper form when walking.
- 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. Final Class Performance
- 3. Other:
  - a. Fitness improvement as determined by increased distance and speed
  - b. Student will be expected to successfully complete a distance of 5K in the final class

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

- 1. Daily assessment of participation.

IX. TYPICAL TEXTS:

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

X. OTHER MATERIALS REQUIRED OF STUDENTS:

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