

Las Positas College
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Course Outline for KIN FW2

FITNESS WALKING 2

Effective: Fall 2013

I. CATALOG DESCRIPTION:

KIN FW2 — FITNESS WALKING 2 — 0.50 - 2.00 units

This is an intermediate level course in fitness walking. All activity will be directed to increase endurance and speed. It is expected that each student will establish a consistent and dedicated workout program.

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:

	MIN	MAX
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. Discuss and advocate the merits of a consistent exercise program
- B. Demonstrate increase cardiovascular endurance and fitness
- C. Regularly train at a 5K distance
- D. Maintain a consistent pace time per mile over 5K and 10K distances

V. CONTENT:

- A. Training distances will range from a minimum 5K to a maximum 10K
- B. Exercise drills to increase endurance, leg strength and power
- C. Establish training schedule to include daily, weekly, and monthly goals
- D. In-class timed events to monitor progress and improvement

VI. METHODS OF INSTRUCTION:

- A. **Individualized Instruction** - Individualized comments or corrections given when needed.
- B. **Classroom Activity** - Student participation in class workouts.

VII. TYPICAL ASSIGNMENTS:

- A. Determine training pace for 5K distance, and consistently replicate that time.
- B. Work on "accelerations" during mile 2 of a 5K training workout.
- C. Monitor weekly mileage and record training changes.

VIII. EVALUATION:

- A. **Methods**

1. Class Participation
 2. Final Class Performance
- B. **Frequency**

Daily assessment of participation.

IX. TYPICAL TEXTS:

1. Hawkins, Jerald *Walking for Fun and Fitness*. 4th ed., Brooks Cole, 2012.
2. Rosato, Frank *Walking and Jogging for Health and Wellness*. 6th 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 footwear and attire.