

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: Fall 2013

I. CATALOG DESCRIPTION:

KIN FW1 — FITNESS WALKING 1 — 0.50 - 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.

0.50 - 2.00 Units Lab

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:

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

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

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 walking shoes and attire.