KINE 148 - Walking for Fitness Course Outline

Approval Date: 02/13/2020
Effective Date: 08/14/2020

SECTION A

Unique ID Number	CCC000616683
Discipline(s)	Coaching Health Physical Education
Division	Kinesiology & Athletics
Subject Area	KINESIOLOGY
Subject Code	KINE
Course Number	148
Course Title	Walking for Fitness
TOP Code/SAM Code	1270.00 - Kinesiology / E - Non-Occupational
Rationale for adding this course to the curriculum	Changing subject code to KINE. Changing hours and units, no longer variable.
Units	1.5
Cross List	*N/A*
Typical Course Weeks	18

Total Instructional Hours

	Contact Hours
Lecture	0.00
Lab	0.00
Activity	54.00
Work Experience	0.00
Outside of Class Hours	27.00

Total Contact Hours	54
Total Student Hours	81
Open Entry/Open Exit	No
Maximum Enrollment	30
Grading Option	Letter Grade or P/NP

Distance Education Mode of Instruction On-Campus

SECTION B

General Education Information:

SECTION C

Course Description

Repeatability May be repeated 0 times

Catalog Description Instruction in this course is focused on improving cardiovascular endurance through a safe and effective exercise program of walking.

Schedule Description

SECTION D

Condition on Enrollment

1a. Prerequisite(s): *None*

1b. Corequisite(s): *None*

1c. Recommended: *None*

1d. Limitation on Enrollment: *None*

SECTION E

Course Outline Information

1. Student Learning Outcomes:

A. Students will identify the components of cardiovascular fitness.
B. Students will apply proper walking technique and will evaluate an individual walking plan.

2. Course Objectives: Upon completion of this course, the student will be able to:

A. Increase cardiovascular endurance
B. Analyze and explain principles of cardiovascular responses (i.e., heart rate)
C. Demonstrate ability to measure various cardiovascular responses (i.e., taking pulse rate)
D. Synthesize knowledge of flexibility, balance, strength, and body control and awareness
E. Improve muscle tone
F. Apply principles of proper walking technique
G. Demonstrate ability to develop, implement and evaluate individual walking plan
H. Demonstrate knowledge of proper shoes needed for different walking plans.
I.

3. Course Content

A. Understanding heart rate
    a. monitor pulse
    b. calculate target zone
    c. training effect (WHR - working heart rate, RHR - length of performance resting heart rate)
B. Health and Fitness Profile (pre-test/post-test)
    a. set individual goals
    b. aerobic efficiency (1 mile walking assessment)
    c. muscular strength and endurance (sit-ups, push-ups, wall sit)
    d. flexibility (sit and reach)
C. Equipment/Wearing apparel
    a. loose-fitting, comfortable casual wear

b. shoes (comfortable, light weight, wide toe box, heel support, cushioning and flexible)
c. 1 or 2 lb. weights

D. Walking Technique
a. posture (body carriage)
b. foot placement, stride analysis
c. arm swing
d. breathing
e. injury prevention

E. Students are placed on an individual walking program based on the results of their assessments

F. Warm-up
a. 5 minute moderate walk
b. light stretching

G. Walking
a. 5-30 minutes/based on placement from walking assessment
b. pulse rate measured every 5-8 minutes (approximately a 2 minute increase in walking time each week until you reach 30 minutes)

H. Cool down
a. moderate walking - to allow heart rate to decrease gradually (5 minutes)
b. strengthening exercises
c. stretching exercises
d. relaxation

I. Diet and Nutrition
a. food group
b. fluids
c. vitamins and minerals
d.

4. Methods of Instruction:

Activity: testing and measurements
Lab: cardiovascular fitness testing
Lecture:

5. Methods of Evaluation: Describe the general types of evaluations for this course and provide at least two, specific examples.

Typical classroom assessment techniques

Exams/Tests -- multiple choice/true false
Lab Activities -- cardiovascular testing and measurement

Additional assessment information:

Class assignments
Journal project
Final written or practical exam

Letter Grade or P/NP

6. Assignments: State the general types of assignments for this course under the following categories and provide at least two specific examples for each section.

A. Reading Assignments
Students will be required to read the USDA website called Choose my Plate for nutritional information.

Students will be required to read class handout: Injury Prevention and Treatment and develop a treatment program for shin splints and a sprained ankle.

B. Writing Assignments
Writing of journal project and progress reports. student will be required to establish goals and to evaluate the goals. Students will be required maintain a log of physical activity.

Students will be required to complete short essay assignments. Examples will include:

1.Describe the physiological changes that occur as one becomes fit.
2. What are the psychological impacts of a regular aerobic walking program?
3. Develop a walking program for the following age groups:12-15, 20-30, 60-70. What similarities and differences exist?

C. Other Assignments
Students may be asked to present or write a reflection and analysis concerning their personal progress in the class.

7. Required Materials

A. EXAMPLES of typical college-level textbooks (for degree-applicable courses) or other print materials.

Book #1:

Author:	Barough, N.
Title:	Walking for Fitness
Publisher:	DK
Date of Publication:	2016
Edition:	1st

B. Other required materials/supplies.