



KINE 148B - Intermediate Walking for Fitness Course Outline

Approval Date: 02/13/2020

Effective Date: 08/14/2020

SECTION A

Unique ID Number CCC000616684

Discipline(s) Coaching
Health
Physical Education

Division Kinesiology & Athletics

Subject Area KINESIOLOGY

Subject Code KINE

Course Number 148B

Course Title Intermediate 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. Add recommended prep.

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 This course is designed to develop skills for advanced cardiovascular training using advanced walking and race walking.

Schedule Description

SECTION D

Condition on Enrollment

1a. Prerequisite(s): *None*

1b. Corequisite(s): *None*

1c. Recommended

- KINE 148 with a minimum grade of C or better

1d. Limitation on Enrollment: *None*

SECTION E

Course Outline Information

1. Student Learning Outcomes:

- Student will demonstrate advanced walking routines: interval walking, speed training, fartlek training, pole training, race walking, pole walking and treadmill training.
- Students will be prepared to demonstrate various walking formats.

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

- Identify types of walking.
- Develop competitive goals.
- Develop walking program with the FIT formula.
- Identify and develop advanced walking routines.
- Utilize poles to assist walking.
- Develop weight training and proper nutrition for advanced walking.
- Test and measure cardiovascular fitness.
- H.

3. Course Content

- Types of Walking: lifestyle, fitness, high energy, walk run
- Goal setting
- Proper nutrition and how to fuel your body
- Walking Program with the FIT formula
- Managing the weather
- Use of pedometer
- Strength training for advanced walking
- Advanced walking routines: interval walking, speed training, fartlek training, pole training, race walking
- Pole walking
- Treadmill walking
- Cardiovascular testing and measurement

- L. Anatomy involved in walking
- M.

4. Methods of Instruction:

Activity: Students will be required to complete the Harvard Step Test. Students will be required to complete in one competitive race.

Lab: timed walks, cardiovascular and strength tests

Lecture: topics will include safety, nutrition, proper technique, alternative styles of walking, and technique.

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 -- true/false and multiple choice

Lab Activities -- cardiovascular fitness testing

Additional assessment information:

Journal writing to monitor progress

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 complete reading assignments from text and from class handouts.

Readings will include the USDA Choose My Plate website for nutritional information.

Readings will include Anatomy for Strength and Fitness Training by Mark Vella for articles on foot and leg anatomy.

B. Writing Assignments

Students will maintain a journal of walking experiences.

Students will be required to record testing results and analyze and develop training programs from analysis.

C. Other Assignments

Students will be required to complete cardiovascular fitness testing.

Students will be tested on the Harvard Step Test, and One mile Walk/Run

Students will be required to participate in one competitive Walk Run event and will journal goal setting and performance evaluation.

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.

