

Reviewed by: K. Bandy
Reviewed by: V. Maiocco
Reviewed by: B. Ferguson
Reviewed by G. Golling
Date Reviewed: Spring 2013
C&GE Approved: January 18, 2013
Board Approved: February 13, 2013

Physical Education (PHED) 1533 Walking for Fitness (1 Unit) CSU

Prerequisite: None

Total Hours: 48 lab hours

Catalog Description: This course is designed to improve ~~an individual's~~ fitness level. This includes improvement in the following fitness components: muscular strength/endurance, flexibility and range of motion, core strength and postural strength, improvement in body composition, and improvement in cardiovascular conditioning.

Type of Class/Course: Degree applicable

Text: Barough, Nina. *Walking for Fitness*. New York: DK Publishing, 2004. Print.

Rosato, F. *Walking and Jogging for Health and Wellness*. 6th ed. Belmont, CA: Wadsworth, 2011. Print.

Additional Instructional Materials: None

Course Objectives:

By the end of the course, a successful student will be able to:

1. Improve cardiovascular and muscular strength,
2. Improve cardiovascular and muscular endurance,
3. Improve flexibility and range of motion,
4. Improve core strength, and
5. Develop and implement a health plan.

Course Scope and Content (laboratory):

Unit I Progressive Warm-up and Stretch
 A. Dynamic stretching
 B. Static stretching

Unit II Core Strength Training/Low Back Training

- A. Crunches
- B. Medicine balls
- C. Planks
- D. Hyperextensions

Unit III Strength Training (Individualized Program/Circuit Training)

- A. Circuit training weight program

Unit IV Cardiovascular Conditioning

- A. Walking or running to achieve ones Target Heart Rate

Learning Activities Required Outside of Class:

The students in this class will spend a minimum of 1 hour per week outside of the regular class time doing the following:

1. Skill practice,
2. Weight/strength training, and
3. Maintaining a proper and balanced nutritional diet.

Methods of Instruction:

1. Introduce Target Heart Rate and the health consequences,
2. Explain and demonstrate how one should pre and post activity stretch,
3. Demonstrate the benefits of core conditioning,
4. Elaborate the importance of increasing the intensity of the workout throughout the semester, and
5. Mention the importance of working out in proper attire; running shoes, shorts, sweats, and shirts.

Methods of Evaluation:

1. Skill demonstrations:
 - a. Performance exams,
 - b. Skill improvement, and
 - c. Develop and keep a personal health journal for the duration of the semester.