COURSE NUMBER & TITLE:  PE 1560:  Fitness Walking  
CREDITS:  1 (0 Lec / 1 Lab)  
PREREQUISITES:  None  

CATALOG DESCRIPTION: 
Fitness Walking emphasizes walking as a fitness-enhancing activity. Topics covered include aerobic conditioning, target heart rates, selection of clothing and footwear, stretching exercises, planning personal programs, motivational factors, nutrition and fitness, and keeping a walking log book.

OUTLINE OF MAJOR CONTENT AREAS: 
1. Basic skills  
   A. Power stride  
   B. Arm swing  
2. History 
3. Terminology 
4. Etiquette 
5. Role of fitness 
6. Aerobic conditioning 
7. Target heart rates 
8. Selection of proper clothing and footwear 
9. Body composition 
10. Warm-up and cool-down techniques 
11. Proper stretching 
12. Planning your own program 
13. Charting progression 
14. Motivation - sticking with and through a program 
15. Nutrition and fitness 

COURSE GOALS/OBJECTIVES/OUTCOMES: 
1. Students will identify and use walking terminology.  
2. Students will identify the historical aspects of walking. 
3. Students will demonstrate the ability to execute the  
   a. power stride.  
   b. arm swing.  
4. Students will apply the following; during the walking sessions in class  
   a. taking target heart rates.  
   b. showing etiquette.  
   c. charting progression.  
   d. selecting various walking routes.
e. selecting proper footwear.
f. stretching techniques.
g. warming-up.
h. cooling-down.

5. Students will prepare an individualized walking plan.
6. Students will improve cardiovascular efficiency.
7. Students will utilize proper safety precautions.

MNTC GOALS AND COMPETENCIES MET:
N/A

HCC COMPETENCIES MET:
Working Productively and Cooperatively
Communicating Clearly & Effectively

STUDENT CONTRIBUTIONS:
Students are expected to attend all lectures and working sessions, participate in all activities and discussions, and complete assignments on time and request assistance when needed. Students are also expected to be courteous and respectful of others.

Attendance and class participation are critical in this class.

STUDENT ASSESSMENT SHALL TAKE PLACE USING INSTRUMENTS SELECTED/DEVELOPED BY THE COURSE INSTRUCTOR.

ADDITIONAL INFORMATION:
This class is intended for students of all ages and abilities. Any individuals who have not participated in physical activities are advised to consult a physician before participating. Any history of disease or disability requiring limited participation should be reported to the instructor.

Activity classes even under the safest possible conditions can be hazardous. Safety rules must be followed to minimize the risk of injury.

AASC APPROVAL DATE: December 13, 2016

REVIEW DATE: December 2021