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C&GE Approved: April 4, 2019  
Board Approved: May 8, 2019  
Semester effective: Spring 2020

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

Prerequisite: None

Hours and Unit Calculations:

Total Contact Hours: 48 lab hours (48 Total Student Learning Hours) 1 Unit.

Catalog Description: This course is designed to improve fitness. 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: Brown, Lee E. and Ferrigno, Vance A. *Training for Speed, Agility and Quickness*. 3rd ed., Human Kinetics, 2014.

Additional Instructional Materials: Note pad for logging students workouts.

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

- 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.

Supplemental Data:

TOP Code:	083500: Physical Education
SAM Priority Code:	E: Non-Occupational
Distance Education:	Not Applicable
Funding Agency:	Y: Not Applicable(funds not used)
Program Status:	1: Program Applicable
Noncredit Category:	Y: Not Applicable, Credit Course

Special Class Status:	N: Course is not a special class
Basic Skills Status:	N: Course is not a basic skills course
Prior to College Level:	Y: Not applicable
Cooperative Work Experience:	N: Is not part of a cooperative work experience education program
Eligible for Credit by Exam:	NO
Eligible for Pass/No Pass:	C: Pass/No Pass
Taft College General Education:	NONE
Discipline:	Health or PE or Kinesiology or Coaching