

## PE296 : Walking for Health and Fitness II

### General Information

|   |   |
|---|---|
| Author:                                     | <ul style="list-style-type: none"><li>Erin Calderone</li></ul>  |
| Course Code (CB01) :                        | PE296   |
| Course Title (CB02) :                       | Walking for Health and Fitness II   |
| Department:                                 | PE  |
| Proposal Start:                             | Spring 2025   |
| TOP Code (CB03) :                           | (0835.00) Physical Education  |
| CIP Code:                                   | (31.0501) Sports, Kinesiology, and Physical Education/Fitness, General.   |
| SAM Code (CB09) :                           | Non-Occupational  |
| Distance Education Approved:                | No  |
| Will this course be taught asynchronously?: | No  |
| Course Control Number (CB00) :              | CCC000591650  |
| Curriculum Committee Approval Date:         | 05/22/2024  |
| Board of Trustees Approval Date:            | 07/16/2024  |
| Last Cyclical Review Date:                  | 05/22/2024  |
| Course Description and Course Note:         | PE 296 builds on the fundamentals of a fitness walking program. Fitness walking techniques include: building cardiovascular and muscular endurance, utilizing walking for weight management, and training to complete a 5-10K walk/run race. This course also covers injury prevention, recovery, pacing and intensity. |
| Justification:                              | Mandatory Revision  |
| Academic Career:                            | <ul style="list-style-type: none"><li>Credit</li></ul>  |
| Mode of Delivery:                           |   |
| Author:                                     |   |
| Course Family:                              |   |

### Academic Senate Discipline

|                       |  |
|-----------------------|--|
| Primary Discipline:   | <ul style="list-style-type: none"><li>Physical Education</li></ul> |
| Alternate Discipline: | No value   |
| Alternate Discipline: | No value   |

## Course Development

### Basic Skill Status (CB08)

Course is not a basic skills course.

Allow Students to Gain Credit by Exam/Challenge

### Course Special Class Status (CB13)

Course is not a special class.

### Pre-Collegiate Level (CB21)

Not applicable.

### Grading Basis

- Grade with Pass / No-Pass Option

### Course Support Course Status (CB26)

Course is not a support course

## General Education and C-ID

### General Education Status (CB25)

Not Applicable

### Transferability

Transferable to both UC and CSU

### Transferability Status

Approved

### CSU GE-Breadth Area

E-Lifelong Learning and Self-Development

### Area

Lifelong Learning and Self-Development

### Status

Approved

### Approval Date

08/28/2023

### Comparable Course

No Comparable Course defined.

## Units and Hours

### Summary

**Minimum Credit Units (CB07)**

1

**Maximum Credit Units (CB06)**

1

**Total Course In-Class (Contact) Hours**

54

**Total Course Out-of-Class Hours**

0

**Total Student Learning Hours**

54

### Credit / Non-Credit Options

#### Course Type (CB04)

Credit - Degree Applicable

#### Noncredit Course Category (CB22)

Credit Course.

#### Noncredit Special Characteristics

No Value

#### Course Classification Code (CB11)

Credit Course.

Variable Credit Course

#### Funding Agency Category (CB23)

Not Applicable.

Cooperative Work Experience

Education Status (CB10)

### Weekly Student Hours

In Class

### Course Student Hours

Out of Class

Course Duration (Weeks)

18

|                  |   |   |
|------------------|---|---|
| Lecture Hours    | 0 | 0 |
| Laboratory Hours | 3 | 0 |
| Studio Hours     | 0 | 0 |

|  |    |
|--|----|
| <b>Hours per unit divisor</b>          | 0  |
| <b>Course In-Class (Contact) Hours</b> |    |
| Lecture                                | 0  |
| Laboratory                             | 54 |
| Studio                                 | 0  |
| <b>Total</b>                           | 54 |

|                                  |   |
|----------------------------------|---|
| <b>Course Out-of-Class Hours</b> |   |
| Lecture                          | 0 |
| Laboratory                       | 0 |
| Studio                           | 0 |
| <b>Total</b>                     | 0 |

### Time Commitment Notes for Students

No value

### Units and Hours - Weekly Specialty Hours

| Activity Name | Type     | In Class | Out of Class |
|---------------|----------|----------|--------------|
| No Value      | No Value | No Value | No Value     |

### Pre-requisites, Co-requisites, Anti-requisites and Advisories

#### Prerequisite

PE295 - Walking For Health and Fitness I (in-development)

#### Objectives

- Identify and perform the proper technique for walking.
- Compute individual fitness level by learning to calculate resting, target, and recovery heart rate.
- Properly stretch, warm-up, and cool-down as part of the walking work-out.
- Recognize and discuss the health benefits of walking.
- Recognize the importance of nutrition and hydration as it applies to a walking program.
- Identify proper walking shoes and clothing.
- Implement individual walking programs.

## Entry Standards

Entry Standards

## Course Limitations

Cross Listed or Equivalent Course

## Specifications

### Methods of Instruction

Methods of Instruction Collaborative Learning

Methods of Instruction Demonstrations

Methods of Instruction Discussion

Methods of Instruction Field Activities (Trips)

Methods of Instruction Laboratory

Methods of Instruction Multimedia

Methods of Instruction Presentations

### Out of Class Assignments

- Self evaluation of cardio improvement (e.g. evaluation of MyZone fitness profile)
- Written analysis (e.g. physical and emotional benefits related to walking for fitness)

Methods of Evaluation

Rationale

|                |                                  |
|----------------|----------------------------------|
| Other          | Practical examination            |
| Exam/Quiz/Test | Written examination              |
| Other          | Participation in community walks |

### Textbook Rationale

No Value

### Textbooks

| Author   | Title    | Publisher | Date     | ISBN     |
|----------|----------|-----------|----------|----------|
| No Value | No Value | No Value  | No Value | No Value |

### Other Instructional Materials (i.e. OER, handouts)

|                           |                                 |
|---------------------------|---------------------------------|
| <b>Description</b>        | Instructor-generated materials. |
| <b>Author</b>             | No value                        |
| <b>Citation</b>           | No value                        |
| <b>Online Resource(s)</b> |                                 |

### Materials Fee

No value

## Learning Outcomes and Objectives

### Course Objectives

Set appropriate walking paces according to fitness goals.

Perform proper walking technique at various paces.

Perform appropriate warm-ups, cool-downs and stretching techniques.

Discuss concepts of energy balance for weight management.

Apply fitness principles to design a walking program.

Implement individual walking programs for fitness goals.

### SLOs

**Demonstrate and apply safety rules and procedures to effectively participate in a physical movement environment.**

Expected Outcome Performance: 70.0

*ILOs* Analyze and solve problems using critical, logical, and creative thinking; ask questions, pursue a line of inquiry, and derive conclusions;  
*Core* cultivate creativity that leads to innovative ideas.  
*ILOs*

Demonstrate depth of knowledge in a course, discipline, or vocation by applying practical knowledge, skills, abilities, theories, or methodologies to solve unique problems.

**Demonstrate proper techniques for walking at various paces.**

Expected Outcome Performance: 70.0

*ILOs* Demonstrate depth of knowledge in a course, discipline, or vocation by applying practical knowledge, skills, abilities, theories, or  
*Core* methodologies to solve unique problems.  
*ILOs*

**Analyze progress using various fitness tracking devices, and set appropriate goals.**

Expected Outcome Performance: 70.0

*ILOs* Analyze and solve problems using critical, logical, and creative thinking; ask questions, pursue a line of inquiry, and derive conclusions;  
*Core* cultivate creativity that leads to innovative ideas.  
*ILOs*

Demonstrate depth of knowledge in a course, discipline, or vocation by applying practical knowledge, skills, abilities, theories, or methodologies to solve unique problems.

**Additional SLO Information**

**Does this proposal include revisions that might improve student attainment of course learning outcomes?**

No

**Is this proposal submitted in response to learning outcomes assessment data?**

No

**If yes was selected in either of the above questions for learning outcomes, explain and attach evidence of discussions about learning outcomes.**

No Value

**SLO Evidence**

No Value

## Course Content

### Lecture Content

No value

### Laboratory/Studio Content

#### Introduction and Safety (8 hours)

- Course structure
- Benefits of a walking program
- Shoes
- Clothing
- Warm weather
- Injury Prevention
- Warning signs of overtraining
- Principles for treatment of minor injuries
- Recovery
- Proper progression
- Cold weather
- Street safety

#### Workout Components (10 hours)

- Warm-up
- Cool-down
- Stretching
- Strengthening exercises for walking

#### Walking Techniques (12 hours)

- Fitness walking
- Power walking
- Race walking
- Proper form and stride

#### Designing a Walking Program (12 hours)

- Fitness assessment
- Goal setting
- Principles of fitness
- FITT principle (frequency, intensity, time and type)
- Utilizing walking for energy balance and weight loss

#### Walking Program Design Strategies (12 hours)

- Monitoring Intensity
- Pace
- Heart Rate
- Distance/duration
- Incline
- Proper progression for goal attainment
- Training for 5K/10K races

**Total hours: 54**

## Additional Information

Is this course proposed for GCC Major or General Education Graduation requirement? If yes, indicate which requirement in the two areas provided below.

Yes

### GCC Major Requirements

Physical Education

### GCC General Education Graduation Requirements

No Value

**Repeatability**

Not Repeatable

**Justification (if repeatable was chosen above)**

No Value

**Resources**

**Did you contact your departmental library liaison?**

No

**If yes, who is your departmental library liaison?**

Becka Cooling (Kinesiology, Social Sciences)

**Did you contact the DEIA liaison?**

No

**Were there any DEIA changes made to this outline?**

No

**If yes, in what areas were these changes made:**

No Value

**Will any additional resources be needed for this course? (Click all that apply)**

- No

**If additional resources are needed, add a brief description and cost in the box provided.**

No Value