

PE297 : Walking for Health and Fitness III

General Information

| | |
|---|--|
| Author: | <ul style="list-style-type: none">Erin Calderone |
| Course Code (CB01) : | PE297 |
| Course Title (CB02) : | Walking for Health and Fitness III |
| 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) : | CCC000591651 |
| 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 297 builds on intermediate level fitness walking skills and introduces strategies used to achieve higher fitness levels. Principles of fitness programming, recovery, and prevention of overtraining are emphasized. Advanced concepts such as race-walking, hiking and transitioning from walking to running are introduced, as well as the utilization of walking for lifelong fitness. |
| Justification: | Mandatory Revision |
| Academic Career: | <ul style="list-style-type: none">Credit |
| Mode of Delivery: | |
| Author: | |
| Course Family: | |

Academic Senate Discipline

| | |
|-----------------------|--|
| Primary Discipline: | <ul style="list-style-type: none">Physical Education |
| 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 |

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

| | |
|----------------------------------|---|
| Course Out-of-Class Hours | |
| Lecture | 0 |
| Laboratory | 0 |
| Studio | 0 |
| Total | 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

PE296 - Walking for Health and Fitness II (in-development)

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.

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)

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

Materials Fee

No value

Learning Outcomes and Objectives

Course Objectives

Evaluate various strategies to improve walking technique and pace.

Apply proper technique to various stages of training.

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

Discuss energy balance for weight management and performance.

Discuss principles of recovery, the prevention of injuries and overtraining syndrome.

Apply fitness principles to design a walking program to achieve specific fitness goals.

Describe the application of fitness walking for lifelong physical activity.

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.

Integrate proper techniques for walking or hiking at various paces.

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.

Evaluate performance and 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 Review of Safety (10 hours)

- Course structure
- Benefits of a walking program
- Equipment
- Shoes

- Clothing
- Warm weather
- Cold weather
- Injury Prevention
- Warning signs of overtraining
- Principles for treatment of minor injuries
- Recovery strategies
- Pre-habilitation exercises for injury prevention
- Proper progression
- Street safety
- Trail safety

Workout Components (8 hours)

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

Walking Techniques (12 hours)

- Fitness walking
- Power walking
- Race walking
- Foot placement/strike
- Knee carriage
- Shoulders/arms
- Hip movement
- Hand position
- Posture

Designing a Walking Program (12 hours)

- Goal setting
- Principles of fitness
- FITT principle (frequency, intensity, time and type)
- Utilizing walking for energy balance and weight loss
- Programming for advanced goals
- Race walking
- Hiking
- Transitioning to running

Walking Program Design Strategies (12 hours)

- Monitoring intensity
- Pace
- Heart rate
- Distance
- Incline
- Proper progression
- Training for races
- Hiking
- Incline/decline
- Surface
- Altitude
- Walking to running transition
- Biomechanical differences between walking and running
- Using intervals to improve fitness

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