



COURSE OUTLINE : PE 295
D Credit – Degree Applicable
COURSE ID 003098
Cyclical Review: November 2018

COURSE DISCIPLINE : PE
COURSE NUMBER : 295
COURSE TITLE (FULL) : Walking For Health & Fitness I
COURSE TITLE (SHORT) : Walking Health Fitness I

CATALOG DESCRIPTION

PE 295 is an introduction to the benefits of an organized walking program. The class provides the student with various methods of walking to achieve whole-body fitness, flexibility, and increased cardio-vascular health efficiency. The course also discusses methods of using walking as a form of weight control and stress management in addition to achieving a healthful life style. This class is ideal for the student wishing a low-impact aerobic work-out

Total Lecture Units:0.00

Total Laboratory Units: 1.00

Total Course Units: 1.00

Total Lecture Hours:0.00

Total Laboratory Hours: 54.00

Total Laboratory Hours To Be Arranged: 0.00

Total Contact Hours: 54.00

Total Out-of-Class Hours: 0.00

Prerequisite: None.



ENTRY STANDARDS

	Subject	Number	Title	Description	Include
1				Perform moderate daily physical activities;	Yes
2				demonstrate and maintain a positive attitude.	Yes

EXIT STANDARDS

- 1 Identify and perform the proper technique for walking, power walking, and race walking;
- 2 compute individual fitness level by learning to calculate resting, target, and recovery heart rate;
- 3 properly stretch, warm-up, and cool-down as part of the walking work-out;
- 4 recognize and discuss the health benefits of walking;
- 5 recognize proper basic nutrition as it applies to a walking program and weight control;
- 6 purchase the proper walking shoes and clothing;
- 7 use the knowledge to design and implement individual walking programs.

STUDENT LEARNING OUTCOMES

- 1 demonstrate and apply safety rules and procedures to effectively participate in a physical movement environment
- 2 demonstrate proper techniques for walking
- 3 analyze progress using the MYZONE web-based system

COURSE CONTENT WITH INSTRUCTIONAL HOURS

	Description	Lecture	Lab	Total Hours
1	Introduction <ul style="list-style-type: none"> • Course structure • Benefits of walking program 	0	1	1
2	Equipment <ul style="list-style-type: none"> • Shoes • Clothing • Warm weather • Cold weather 	0	1	1
3	Walking Techniques, Fitness Walking, Power Walking, Race Walking <ul style="list-style-type: none"> • Posture • Specific body actions 	0	46	46



4	Foot Care <ul style="list-style-type: none"> • Potential problems • Remedies 	0	3	3
5	Injury Prevention <ul style="list-style-type: none"> • Warning signs • Rest, Ice, Compression, Elevation (RICE) principles for treatment of minor injuries • Rehabilitation 	0	3	3
				54

OUT OF CLASS ASSIGNMENTS

- 1 self evaluation of cardio improvement (e.g. evaluation of MyZone fitness profile);
- 2 written analysis (e.g. physical and emotional benefits related to cycling).

METHODS OF EVALUATION

- 1 practical examination;
- 2 written examination;
- 3 participate in community walks.

METHODS OF INSTRUCTION

- Lecture
- Laboratory
- Studio
- Discussion
- Multimedia
- Tutorial
- Independent Study
- Collaboratory Learning
- Demonstration
- Field Activities (Trips)
- Guest Speakers
- Presentations



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TEXTBOOKS

Title	Type	Publisher	Edition	Medium	Author	IBSN	Date
ACSM's Complete Guide to Fitness and Health	Required	Philadelphia: Lippincott Williams & Wilkins		Print	Barbara Bushman		2017