

PE295 : Walking For Health and Fitness I

General Information

Author:	<ul style="list-style-type: none">Erin Calderone
Course Code (CB01) :	PE295
Course Title (CB02) :	Walking For Health and Fitness I
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) :	CCC000564872
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 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 cardiovascular health efficiency. The course also discusses methods of using walking as a form of weight control and stress management in addition to achieving a healthy lifestyle. This class is ideal for the student wishing a low-impact aerobic workout.
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

No value

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

No Value

Entry Standards

Entry Standards

Perform moderate daily physical activities.

Demonstrate and maintain a positive attitude.

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

Methods of Evaluation

Evaluation

Exam/Quiz/Test

Other

Rationale

Practical exam

Written exam

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

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.

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; cultivate creativity that leads to innovative ideas.
 Core ILOs

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

PE Demonstrate and apply safety rules and procedures to effectively participate in physical movement
 Core PLOs

Demonstrate and apply the fundamental skills, knowledge, etiquette and vocabulary used in the practice and performance of individual activities

Demonstrate proper techniques for walking.

Expected Outcome Performance: 70.0

PE Demonstrate and apply the fundamental skills, knowledge, etiquette and vocabulary used in the practice and performance of individual activities
Core
PLOs

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

Analyze progress using various fitness tracking devices.

Expected Outcome Performance: 70.0

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 (1 hour)

- Course structure
- Benefits of a walking program

Equipment and Hydration (1 hour)

- Shoes
- Clothing
- Warm weather
- Cold weather
- Hydration

Walking Techniques (46 hours)

- Posture
- Specific body actions
- Frequency
- Intensity
- Time
- Type

Foot Care (3 hours)

- Potential problems
- Remedies

Injury Prevention (3 hours)

- Warning signs
- Principles for treatment of minor injuries
- Rehabilitation

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

