KIN A210: WALKING FOR FITNESS LEVEL 2

Item	Value
Curriculum Committee Approval Date	12/08/2021
Top Code	083500 - Physical Education
Units	1-2 Total Units
Hours	36-72 Total Hours (Lecture Hours 9-18; Lab Hours 27-54)
Total Outside of Class Hours	0
Course Credit Status	Credit: Degree Applicable (D)
Material Fee	No
Basic Skills	Not Basic Skills (N)
Repeatable	No
Grading Policy	Standard Letter (S), • Pass/No Pass (B)
Associate Arts Local General Education (GE)	• OC Life Skills - Activity - AA (OE2)

Course Description

This course is designed to provide continued improvement and understanding of the benefits of walking as a cardiovascular fitness activity. Topics to be discussed will include walking and power walking techniques; fitness program design and evaluation; equipment and safety; persistence and motivation; and nutrition basics. Transfer Credit: CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, KIN, MARA, PE Activity courses combined: maximum credit, 4 units.

Course Level Student Learning Outcome(s)

1. Demonstrate cardiovascular endurance by walking briskly (heart rate within target heart rate zone) for forty continuous minutes.
2. Create a personal walking program that utilizes established programming principles for cardiovascular endurance, including a variety of terrains and surfaces, and are adaptable outside the class setting.

Course Objectives

- 1. Improve cardiovascular fitness, agility, flexibility, and strength as measured by fitness tests.
- 2. Explain safe power walking practices, including the importance of proper equipment.
- 3. Demonstrate an understanding of the programming principles necessary to provide continued increases in cardiovascular fitness via walking.
- 4. Explain the biological, psychological and sociological benefits that can be derived from a lifetime of walking for cardiovascular fitness.
- 5. Recognize minor injuries, including strains and sprains; understand basic treatments for minor injuries; identify practices to reduce risk of common minor injuries.
- 6. Practice walking and power walking for cardiovascular fitness, utilizing a variety of surfaces and terrains at home and in the community.
- 7. Assess personal habits and establish short term and long term goal setting in a personalized fitness journal.

Lecture Content

Orientation Course requirements and procedures Safety injury prevention Pre-test for physical fitness Introduction to cardiovascular endurance fitness principles Frequency Intensity Time Type (Mode) of activity Mechanics of fitness walking Body carriage (posture) Without resistance With resistance Leg movement Without resistance With resistance Foot placement Without resistance With resistance Arm carriage Without resistance With resistance Pace Variables Speed Work for progression Post exercise recovery pace Terrain Hills Surface Stairs Treadmill Goal Setting Journaling SMART Specific Measurable Attainable Realistic Time Frame

Lab Content

Fitness Assessments Pre Testing 15 Minute Walk/Run Percent Body Fat Flexibility Post Testing 15 Minute or 1.5 Mile Walk/Run Percent Body Fat Flexibility Warm-Up Activities Endurance Activities on Varied Surfaces Track Treadmill Hills Interval Training Stadium Stairs Cool-Down Activities

Method(s) of Instruction

- Lecture (02)
- DE Live Online Lecture (02S)
- DE Online Lecture (02X)
- Lab (04)
- DE Live Online Lab (04S)
- DE Online Lab (04X)

Instructional Techniques

Lecture; discussion; instructor demonstration; evaluation; instructor feedback; student demonstration; video lectures; handouts

Reading Assignments

Students will spend approximatly 30 minutes a week reading the text book and/or instructor handouts.

Writing Assignments

Activity journal; goal setting; reflection paper

Out-of-class Assignments

Students will spend approximatly 1 hour a week completing additional walking sessions. Students will spend approximately 30 minutes each week completing reading and writing assignments.

Demonstration of Critical Thinking

Written exam; activity journal; personal fitness program; application of learned principles to off campus setting

Required Writing, Problem Solving, Skills Demonstration

Goal setting and activity journal; proper application of exercise prescription

Eligible Disciplines

Physical education: Masters degree in physical education, exercise science, education with an emphasis in physical education, kinesiology, physiology of exercise, or adaptive physical education, OR bachelors

degree in any of the above AND masters degree in any life science, dance, physiology, health education, recreation administration, or physical therapy OR the equivalent. Masters degree required.

Other Resources

1. Selected handouts to be provided and distributed by the instructor.