

**Crafton Hills College  
Course Outline**

1. **Discipline:** Physical Education
2. **Department:** Health and Physical Education
3. **Course Title:** Walking for Fitness
4. **Course I.D.:** PE/I 127X4
5. **Prerequisite(s):** None  
**Corequisite(s):** None  
**Departmental Recommendation(s):** None
6. **Semester Units:** .5 – 1
7. **Minimum Semester Hours:**  
Lecture: 0                      Lab: 24-48                      Clinic: 0                      Field: 0
8. **Need for the Course:**  

Some students need an alternative to vigorous exercise courses. Although all of our conditioning classes can be tailored to individuals with low fitness levels, a few students find the idea of enrolling in aerobics, for instance, overwhelming. Walking for fitness offers students an exercise class that physically and psychologically accommodates a individuals from beginning to advanced fitness levels. This course is associate degree applicable, fulfills a general education requirement for the associate degree and transfers to CSU and UC.
9. **Goals for the Course:**
  - A. To encourage students to engage in some form of physical exercise irrespective of their age and level of fitness.
  - B. To develop the skills to determine appropriate exercise intensity for optimal conditioning.
  - C. To impart the knowledge necessary for students to exercise safely with minimum risk of injury.
10. **Catalog Description:**  

Walking for fitness suitable for individuals of all ages and fitness levels. Incorporation of various walking routes on the campus designed to promote weight loss through walking and improve cardiovascular health and general well being.

11. **Schedule Description:**

Walking for fitness suitable for individuals of all ages and fitness levels. Incorporation of various walking routes on the campus designed to promote weight loss through walking and improve cardiovascular health and general well being.

12. **Entrance Skills:**

A. **Requisite Skills:** None

B. **Recommended Skills:** None

13. **Course Objectives:**

**Upon satisfactory completion of the course, students will be able to:**

- A. Estimate target heart rate
- B. Exercise within target heart rate levels by effectively using Borg's scale of perceived level of exertion
- C. Demonstrate an improvement in cardiovascular fitness
- D. Demonstrate an improvement in flexibility
- E. Demonstrate an improvement in muscular endurance
- F. Recognize the benefits of participation in lifelong fitness activities
- G. Design a walking program for the purpose of improving strength, muscular endurance, and cardiovascular fitness
- H. Demonstrate sound body mechanics while walking
- I. List specific clothing considerations for walking
- J. Describe the necessary warm-up components
- K. Describe the necessary cool-down components
- L. Describe how to incorporate interval training into a walking program

14. **Representative Texts and Instructional Materials:**

- A. Hoeger, W. & Hoeger, S. (2005). *Lifetime Physical Fitness and Wellness*. Belmont: Thompson Wadsworth.
- B. Fahey, T, Insel, P. & Roth, W. (2003). *Fit & Well*. Boston: McGraw-Hill Higher Education.

15. **Course Content:**

- A. Entrance-level fitness testing including body composition analysis (available to instructor if requested)
- B. Appropriate attire to minimize stress on the lower legs and hips
- C. Walking technique
- D. Warm up leading to stretching exercises
- E. Cool down techniques
- F. Designing walking programs for specific fitness goals
  - 1. Walking for cardiovascular fitness
  - 2. Walking to improve muscle endurance
  - 3. Walking to increase strength
- G. Borg's perceived level of exertion scale
- H. Working within a heart rate range using perceived level of exertion
- I. Post-fitness test to measure improvement (available if requested)

- J. Walking as a lifetime practice
  - K. Interval Training
16. **Methods of Instruction:**
- A. Lecture-discussion
  - B. Videotapes
  - C. Demonstration
  - D. Small Groups
  - E. Skill Practice
  - F. Power Point lectures
  - G. Selected reading
17. **Assignments and Methods of Evaluation**
- A. Participation in class activities including commitment to walking program 75-85%
  - B. Written exams 15-25%
18. **Distributed Education Methods of Instruction:**                      None