



KIN 52 - Walking for Fitness

Catalog Description

Transfer Status: CSU/UC

Unit(s): 1.50

Activity: 51.00 Contact hours/25.50 Out of class hours/76.50 Total hours/1.50 Unit(s)

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Course Description: This course provides instruction in the fundamental skills of walking to improve cardiovascular fitness. Students will learn types of walking, workout strategies, and the components of fitness will be examined.

Objectives

Upon successful completion of this course, the student should be able to:

1. demonstrate a basic knowledge of walking for fitness as it relates to cardiovascular fitness.
2. perform the various walking styles involving gait pattern, stride frequency, and stride length.
3. identify the physiological benefits of an increased heart rate as it relates to overall health.
4. describe the benefits of walking as it pertains to injury prevention and the promotion of health and wellness.

Course Content

Topic Titles / Suggested Time Topic		
<u>Lecture/Activity</u>		
<u>Topics</u>	<u>Lec Hrs</u>	<u>Act Hrs</u>
Introduction to Walking		3.00
Safety Factors		3.00
Components of Fitness		3.00
Types of Walking		3.00
Basic Six Stretches for Walking		3.00
Prevention and Treatment of Walking Injuries		3.50
Benefits of Walking: Nature's Most Perfect Exercise		4.00
Calculating Your Target Heart Rate		2.50
Academic Review of Fitness Assessment Options: Mile Walk; 12 Minute Walk/Run or 1.5 Mile Run		1.50
Progressive Walking Programs-Beginning, Intermediate, Advanced		11.00
Walking and Effective Weight Loss		2.50
Proper Nutrition and Exercise		4.00
Physical Activity and Health		4.00
Walking and Heart Disease Prevention		3.00
Total Hours:		0.00 51.00

Methods of Instruction

- A. Demonstrations
- B. Discussion
- C. Homework: Students are required to complete one hour of outside-of-class homework for every two hours of activity
- D. Multimedia Presentations

Methods of Evaluation

- A. Demonstration
- B. Class participation
- C. Written Assignments
- D. Written or Oral Examinations
- E. Class Discussion
- F. Practical evaluations

Examples of Assignments

Reading Assignments

1. Read and be prepared to discuss the handout on the "Benefits of Walking."

2. Read and be prepared to discuss the two handouts on calculating your "Exercise Target Heart Rate."

Writing Assignments

1. Write a 400-500 word essay on "Why or Why Not" you will continue with a walking program when the semester is over.
2. Design a four week walking workout program.

Out-of-Class Assignments

1. Research and read the Choosemyplate.gov website; listing five suggestions or recommendations on nutritional information new to you.
2. Attend, observe, or participate in a community walking event.

Recommended Materials of Instruction

Other Learning Materials

- A. Materials will vary depending upon the activity requirements.
- B. The student will be required to provide: a. Athletic apparel b. Athletic shoes

Minimum Qualifications

Coaching

Physical Education (Masters Required)

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