PELLISSIPPI STATE TECHNICAL COMMUNITY COLLEGE
MASTER SYLLABUS

FITNESS WALKING
PHED 2310

Class Hours: 0.0  Credit Hours: 1.0
Laboratory Hours: 2.0  Date Revised: Spring

Catalog Course Description:

Theory, knowledge and practical experience in the principles of walking as it relates to fitness.

Entry Level Standards:

None

Prerequisites:

None

Textbook(s) and Other Reference Materials Basic to the Course:

Textbook:

Personal Equipment:
Athletic wear and athletic shoes. Sunscreen.

I. Week/Unit/Topic Basis:

<table>
<thead>
<tr>
<th>Week</th>
<th>Topic</th>
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<tbody>
<tr>
<td>1</td>
<td>Distribute lockers; Introduction to fitness walking; Chapters 1,2, &amp; 3; Exercise 4A due</td>
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<tr>
<td>2</td>
<td>Exercise 2A and individual goals due; safety, warm up, cool down and flexibility lecture, Chapters 4 &amp; 5; Exercise 5A in class; body composition analysis</td>
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<td>3</td>
<td>Chapters 6 &amp; 7; fitness appraisal (one mile walk); Exercises 6A, 6B, and 7A due</td>
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<td>4</td>
<td>Fitness walking techniques lecture, Chapter 8 (30 minute workout); 40 minute workout; Exercise 8 A-H will be completed in class. Articles 1 and 2 due on 2/12</td>
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<td>5</td>
<td>50 minute workout</td>
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<tr>
<td>6</td>
<td>50 minute workout</td>
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<tr>
<td>7</td>
<td>Review meet at Bubble; First Exam</td>
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<tr>
<td>8</td>
<td>Strategies to stay motivated, Chapter 11; 50 minute workouts; Exercise 11C; Articles</td>
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3 and 4

Wellness through healthy lifestyles and fitness, Chapter 12; Exercises 12A, 12B and 3 day diet; 50 minute workout

50 minute workout

Strategies for healthy nutrition, Chapter 9; workout; Exercise 9A

Lifetime weight and fat control, Chapter 10; workout; Exercise 10A; Article 5

The mile walk re-test will be given on any of the following class dates. Be prepared. Meet at Bubble for review; Second Exam

Body composition re-test; 50 minute workout; 10 food labels with evaluations due

50 minute workout

The final exam time period will be used for make-ups and a general wrap up of class activities.

II. Course Objectives*

A. Develop an understanding and appreciation of fitness walking as an aerobic activity as a means to establish and maintain wellness throughout the lifespan. II.2

B. Understand the physical principles involved in fitness walking and participate in fitness walking. I.5

C. Demonstrate knowledge of and engage in warm-up and cool-down activities. I.5, II.2

D. Demonstrate knowledge of safety and injury prevention and care while participating in a wellness activity such as fitness walking. I.5, II.2

E. Gain an understanding of the importance of flexibility, body composition, muscular endurance, cardiovascular endurance, and strength as they relate to health and wellness. I.5, II.2

F. Develop critical thinking skills and problem solving skills to review and analyze information relating to fitness walking, nutrition, and wellness. III.2

G. Formulate personal goals based on individual philosophy of wellness. II.1, II.2

*Roman numerals after course objectives reference goals of the university parallel program.

III. Instructional Processes*

Students will:

1. Listen to and participate in lectures and discussions regarding factual information relevant to fitness walking, physical fitness and wellness. Communication Outcome, Information Literacy Outcome, Active Learning Strategy

2. Read and demonstrate knowledge of the health-related components of physical fitness. Communication Outcome, Information Literacy Outcome

3. Analyze, evaluate, and modify behavior to improve personal health and wellness. Personal
Development Outcome, Problem Solving and Decision Making Outcome, Transitional Strategy

4. Develop lifestyle strategies, which enhance physical fitness and wellness. Problem Solving and Decision Making Outcome

5. Appreciate the intrinsic value of physical fitness as an element of a lifetime commitment to physical fitness and wellness. Transitional Strategy, Personal Development Outcome

*Strategies and outcomes listed after instructional processes reference Pellissippi State’s goals for strengthening general education knowledge and skills, connecting coursework to experiences beyond the classroom, and encouraging students to take active and responsible roles in the educational process.

IV. Expectations for Student Performance*: 

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

1. Understand medical considerations before embarking on an aerobic program. A, B, F, G

2. Demonstrate knowledge of and engage in effective warm-up activities. C, D

3. Demonstrate knowledge of and engage in effective cool-down activities. C, D

4. Walk a minimum of a mile without showing signs of undue fatigue. B

5. Take their heart rate. B, D

6. Compute their target zone heart rate. B, D

7. Discuss wellness components. A, B, C, D, E, F, G

8. List and discuss a minimum of ten physiological benefits of cardiovascular exercise. A, B, E, F

9. List and discuss a minimum of four psychological benefits of cardiovascular exercise. A, B, E, F

10. Safely perform stretching exercises for all major joints. B, C, D, E

11. Discuss the importance of flexibility. A, B, E, F

12. Access the Internet for information relating to fitness walking, nutrition, and physical fitness. F

13. Analyze and evaluate information pertaining to physical fitness and wellness. F

14. Formulate personal goals as they relate to fitness and wellness. A, B, C, D, E, F, G

15. Explain the F.I.T.T. program. A, B, C, E, F

16. Interpret the readout from the body composition analysis machine or interpret results from calipers measuring body composition. E, F

17. Understand the importance of water to health and weight loss. E, F

18. Read a food label and calculate calorie content based upon grams of fat, protein, and carbohydrates. F
*Letters after performance expectations reference the course objectives listed above.

V. Evaluation:

A. Testing Procedures:

2 Exams (20 points each)
Two Rockport Fitness tests (4 points)

B. Laboratory Expectations:

Assigned written exercises in book (12 points)
Five article reviews (3 points each)
Written documentation of student's diet for 3-days (5 points)
Ten food labels with evaluations (5 points)

C. Field Work:

Class participation, record keeping, and a minimum of 30 minutes out-of-class walking each week (15 points)
Two body composition analysis (4 points)

D. Other Evaluation Methods: Extra Credit Options

1. Articles on a course related subject - 1 point each (maximum of 5 points)
2. 5 - 7 page paper on course related subject - 5 points
3. Participation in a sanctioned walk, such as Cancer Relay for Life, etc.

E. Grading Scale:

A  93 -100 points
B+  92 - 88 points
B  87 - 83 points
C+  82 - 78 points
C  77 - 73 points
D+  72 - 68 points
D  67 - 62 points
F  61 below points

VI. Policies:

A. Attendance Policy:

Pellissippi State Technical Community College expects students to attend all scheduled instructional activities. As a minimum, students in all courses must be present for at least 75 percent of their scheduled class and laboratory meeting in order to receive credit for the course. Individual department/programs/disciplines, with the approval to the vice president to Academic and Student Affairs, may have requirements that are more stringent.

B. Other Policies:

Make-up policy:
1. After one week, students will not be allowed to make-up written examinations.
2. With documentation, students will be allowed to make up absences. Make-up sessions should be supervised and consist of activities engaged in during the sessions that the student missed.
Tardiness/Late Policy:
Students are expected to be on time for class. Students late for class will have points deducted from their participation total. Ten minutes late will result in a tardy. Three tardies equal an absence. Twenty minutes late will result in an absence.

Injury Policy:
Students injured during class must inform the instructor immediately. An accident/incident report must be filed. This applies to all injuries no matter how minor.