PELLISSIPPI STATE COMMUNITY COLLEGE
MASTER SYLLABUS

FITNESS WALKING
PHED 2310

Class Hours: 0.0  Credit Hours: 1.0
Lab Hours: 2.0  Revised: Spring 2011

Catalog Course Description:

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

Entry Level Standards:

The student should be able to effectively communicate with instructor and peers, complete assignments according to instructor specifications, and read and write at the required level.

Prerequisites:

None

Textbook(s) and Other Course Materials:

Textbook:

Personal Equipment:
Athletic wear and athletic shoes that are weather appropriate. Sunscreen should be used if we are walking outside.

I. Week/Unit/Topic Basis:

<table>
<thead>
<tr>
<th>Week</th>
<th>Topic</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Syllabus Review/ Introduction/ Safety and Injury Prevention/ Girth measurements and flexibility measurements are recorded, and body composition analysis is taken by machine. (The aforementioned information is for the student’s use to measure progress and does not determine the student’s grade in the course.)/ Calculating Target Zone Heart Rate</td>
</tr>
<tr>
<td>2</td>
<td>Fitness Principles / Setting Goals and Record Keeping/ Warm Up, Cool Down and Flexibility/ Fitness Walking Technique *** At the end of the second week, students will be walking each day in class. Time and duration varies.)***</td>
</tr>
<tr>
<td>3</td>
<td>Mile Walk Pre-test/ Basics of Cardiovascular Fitness / Walking Work-Out</td>
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<tr>
<td>4</td>
<td>Walking Work-Out/ Written Goals Due</td>
</tr>
<tr>
<td>5</td>
<td>Walking Work – Out</td>
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</tbody>
</table>
II. Course Goals*:

This introductory course is designed to provide students with the skills and knowledge necessary to continue to participate in Fitness and Wellness Activities as a lifelong commitment to maintaining physical fitness. As a result of the successful completion of this course the student will be able to:

A. Demonstrate knowledge of and engage in warm-up and cool-down activities. I.3; I.4; I.5

B. Demonstrate knowledge of etiquette, injury care, and safety while training for Physical Fitness. I.3; I.4; I.5

C. Demonstrate knowledge of fitness walking and general fitness terminology. I.3; I.4; I.5

D. Formulate a walking/cardiovascular fitness program. I.3; I.4; I.5; I.6

E. Evaluate and correct errors in walking technique. I.3; I.4; I.5; I.6

F. Demonstrate knowledge of physical fitness equipment and facilities. I.3; I.4; I.5; I.6

G. Demonstrate knowledge of and employ healthy eating habits for nutrition. I.3; I.4; I.5; I.6; III.2; III.3; III.6; III.7

H. Maintain accurate logs and/or journals. I.3; I.4; I.5

I. Demonstrate knowledge of body composition, cardiovascular, strength, and flexibility tests and measurements pertaining to fitness goals. I.3; I.4; I.5

J. Demonstrate and execute knowledge of maximum and target heart rate calculations. I.3; I.4; I.5; I.6; VI.1.2; VI.3; VI.4

K. Demonstrate knowledge of and engage in flexibility activities. I.3; I.4; I.5; I.6

L. Demonstrate knowledge of and engage in cardiovascular endurance activities. I.3; I.4; I.5

M. Demonstrate knowledge of and engage in activities that factor into improving and/or maintaining a healthy body composition. I.3; I.4; I.5; III.2; III.3; III.6, III.7
N. Demonstrate knowledge and execute proper goal setting for walking and fitness. I.3; I.4; I.5; I.6

O. Demonstrate an understanding of the components, importance, and benefits of physical fitness. I.3; I.4; I.5; III.2; III.3; III.6; III.7

* Roman numerals after course objectives reference goals of the Natural and Behavioral Sciences program (Career Program Goals and General Education Goals are listed http://www.pstcc.edu/departments/curriculum_and_instruction/syllabi/)

III. Expected Student Learning Outcomes*:

The student will be able to:

1. Demonstrate knowledge of Walking and Fitness terminology. (C)

2. Employ body fat analysis data and girth measurements to set realistic attainable goals. (G, I, M, P)

3. Evaluate personal fitness and compare pre and post test results to document the benefits of Cardiovascular Fitness training. (L, N, O)

4. Set appropriate goals for Walking and Fitness Activities based upon the F.I.T.T. principles. (N, P)

5. Formulate a personal program based on goals for lifetime fitness and wellness. (D, H, I, N, O, P)

6. Employ proper form during fitness walking. (C, E)

7. Demonstrate knowledge of safety while walking and participating in fitness activities. (B)

8. Perform proper warm-up and cool-down activities. (A)

9. Demonstrate the proper techniques for increasing flexibility and proper stretching. (I, K)

10. Access government or educational websites for proper nutrition information. (G, H, M)

11. Take heart rate and compute to individual target zone. (I, J, L)

12. Discuss basic cardiovascular fitness principles. (C, F, I, J, L, O)

13. Formulate a personal diet plan based on sound nutritional principles. (G, H, M)

14. Evaluate a food label for nutritional and diet information. (G)

* Capital letters after Expected Student Learning Outcomes reference the course objectives listed above.

IV. Evaluation:

A. Testing Procedures:

Written Examinations

<table>
<thead>
<tr>
<th>Exam</th>
<th>One</th>
<th>15% of grade</th>
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<tbody>
<tr>
<td>Exam Two</td>
<td>15% of grade</td>
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</tbody>
</table>

Completion of Pre and Post tests: 10 % of grade
Gi rth Measurements
Body ComposItion
Mi le Walk
Flexibility (sit and reach test)

Log Book Pre/Post
Fitness goals 5 % of grade
Walking Log 10 % of grade
Participation 30 % of grade

Food Pyramid and 3-Day Diet 10%
Evaluation of 10 food labels 5%

B. Laboratory Expectations:
N/A

C. Field Work:
N/A

D. Other Evaluation Methods: Extra Credit Options

Articles on a course related subject - 1 point each (maximum of 5 points)
5 -7 page paper on course related subject - 5 points

E. Grading Scale:

<table>
<thead>
<tr>
<th>Grade</th>
<th>Points</th>
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<tbody>
<tr>
<td>A</td>
<td>93 -100 points</td>
</tr>
<tr>
<td>B+</td>
<td>92 - 88 points</td>
</tr>
<tr>
<td>B</td>
<td>87 - 83 points</td>
</tr>
<tr>
<td>C+</td>
<td>82 - 78 points</td>
</tr>
<tr>
<td>C</td>
<td>72 - 73 points</td>
</tr>
<tr>
<td>D</td>
<td>67 - 71 points</td>
</tr>
<tr>
<td>F</td>
<td>61 below points</td>
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</table>

VI. Policies:

A. Attendance Policy:

Pellissippi State expects students to attend all scheduled instructional activities. As a minimum, students in all courses (excluding distance learning courses) must be present for at least 75 percent of their scheduled class and laboratory meetings in order to receive credit for the course. Individual departments/programs/disciplines, with the approval of the vice president of Academic Affairs, may have requirements that are more stringent. In very specific circumstances, an appeal of the policy may be addressed to the head of the department in which the course was taken. If further action is warranted, the appeal may be addressed to the vice president of Academic Affairs.

B. Academic Dishonesty:

Academic misconduct committed either directly or indirectly by an individual or group is subject to disciplinary action. Prohibited activities include but are not limited to the following practices:
• Cheating, including but not limited to unauthorized assistance from material, people, or devices when taking a test, quiz, or examination; writing papers or reports; solving problems;
or completing academic assignments.

- Plagiarism, including but not limited to paraphrasing, summarizing, or directly quoting published or unpublished work of another person, including online or computerized services, without proper documentation of the original source.
- Purchasing or otherwise obtaining prewritten essays, research papers, or materials prepared by another person or agency that sells term papers or other academic materials to be presented as one’s own work.
- Taking an exam for another student.
- Providing others with information and/or answers regarding exams, quizzes, homework or other classroom assignments unless explicitly authorized by the instructor.
- Any of the above occurring within the Web or distance learning environment.

C. Accommodations for disabilities:

Students who need accommodations because of a disability, have emergency medical information to share, or need special arrangements in case the building must be evacuated should inform the instructor immediately, privately after class or in her or his office. Students must present a current accommodation plan from a staff member in Services for Students with Disabilities (SSWD) in order to receive accommodations in this course. Services for Students with Disabilities may be contacted by going to Goins 127, 132, 134, 135, 131 or by phone: 539-7153 or TTY 694-6429. More information is available at http://www.pstcc.edu/sswd/.

D. Other Policies:

**Attendance Policy:**
Three absences will be allowed. **On the fourth and subsequent absences, four points will be deducted from the final total.** Students with eight or more absences will not pass the course. Students who fail to participate in assigned activities will be counted as absent.

**Tardiness/Lateness Policy:**
Students are expected to be on time for class. Students late for class will have points deducted from the 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.**

**Gum, Food, Drink, etc. Policy:**
In accordance with the guidelines of the Student Recreation Center, any type of chewing gum, tobacco products, food, or drinks are not allowed in Physical Education classes. The exception would be that WATER is allowed provided that it is in a spill-proof container.

**Make-up Policy:**
1. After one week, students will not be allowed to make-up written examinations. 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.