PELLISSIPPI STATE COMMUNITY COLLEGE
MASTER SYLLABUS
FITNESS WALKING
PHED 2310

Class Hours: 0.0                  Credit Hours: 1.0
Laboratory Hours: 2               Revised: Fall 2013

★ This course is directly equivalent to a course at the University of Tennessee, Knoxville.

Catalog Course Description:

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

Entry Level Standards:

Students should be able to effectively communicate with the 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:

None required.

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</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>
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<tr>
<td>5</td>
<td>Walking Work-Out</td>
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<tr>
<td>6</td>
<td>Walking Work-Out/ Article Due</td>
</tr>
<tr>
<td>7</td>
<td>Exam One (in class) and Walking Work-Out</td>
</tr>
<tr>
<td>8</td>
<td>Nutrition/ Walking Work-Out.</td>
</tr>
</tbody>
</table>

*** At the end of the second week, students will be walking each day in class. Time and duration varies.***
II. Course Goals:

The course will

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.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
III. Expected Student Learning Outcomes*:

Students 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 goals listed above.

IV. Evaluation:

A. Testing Procedures:
   
   | Exam One       | 15% of grade |
   | Exam Two       | 15% of grade |

B. Completion of Pre and Post Tests: 10% of grade (each item: 1 pt. pre-1 pt. post))
   
   - Resting Heart Rate
   - Girth Measurements
   - Body Composition
   - Rockport Mile Walk
   - Flexibility (sit and reach test)

C. Additional Written Work: 10% of grade (2 pts. Each item)
Pre-walk Health Questionnaire
Benefits of Cardio-respiratory Exercise
Personal Fitness Goals
Heart Rate Worksheet
Nutrition Questionnaire

D. Other Evaluation Methods:

- Article with written Summary: 5%
- 3-Day Diet: 5%
- Evaluation of 10 food labels: 5%

E. Out-of-Class Walking with Log: 10% of grade

F. Participation: 25% of grade

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</td>
</tr>
<tr>
<td>B+</td>
<td>92 - 88</td>
</tr>
<tr>
<td>B</td>
<td>87 - 83</td>
</tr>
<tr>
<td>C+</td>
<td>82 - 78</td>
</tr>
<tr>
<td>C</td>
<td>77 - 73</td>
</tr>
<tr>
<td>D+</td>
<td>72 - 68</td>
</tr>
<tr>
<td>D</td>
<td>67 - 62</td>
</tr>
<tr>
<td>F</td>
<td>61 below</td>
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</tbody>
</table>

V. 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.

Please see the Pellissippi State Policies and Procedures Manual, Policy 04:02:00 Academic/Classroom Conduct and Disciplinary Sanctions for the complete policy.

C. Accommodations for disabilities:

Students that 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 sending email to disabilityservices@pstcc.edu, or visiting Goins 127, 132, 134, 135, 131. 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.
2. With documentation, students will be allowed to make-up a total of 3 absences provided the absence is documented at time of absence and has teacher approval. Make-up sessions should be supervised and consist of activities engaged in during the sessions that the student missed.