

PELLISSIPPI STATE COMMUNITY COLLEGE  
MASTER SYLLABUS

**FITNESS WALKING  
PHED 2310**

**Class Hours: 0.0**

**Credit Hours: 1.0**

**Lab Hours: 2.0**

**Revised: Spring 2015**

**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:**

No textbook required.

Personal Equipment:

**Heart Rate Monitor Strap (Instructor will provide information in class.)**

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

NOTE : Cell Phone: Talking and texting should not be engaged in during class time.

**I. Week/Unit/Topic Basis:**

*Be prepared to walk **everyday** regardless of weather conditions.*

<b>Week</b>	<b>Topic</b>
1	Distribute Lockers; Facilities Information and Rules; Syllabus and Class Information; Introduction; Lecture, complete and turn in: Heart Rate Information Sheet (Target Heart Rate); Body composition, Measurements, Sit and Reach; Warm-up, Stretch; Handout Pre-Walk Questionnaire
2	Pre-Walk Health Questionnaire due on 9/2 Lecture; Continue: Body composition, Measurements, Sit and Reach; Warm-up, Stretch, and Walk; Hand-out Resting Heart Rate Exercise and Hand-out for Goals
3	Rockport Mile Walk – Fitness Appraisal; Lecture; Walk
4	Rockport Mile Walk Results Exercise (Handout) due on 9/16; 50 minute workouts during classes

- 5 Re-Read Goal worksheet on D2L; Goals Due on 9/25; (walking workouts in class)
- 6 Worksheet ( handout) on Benefits of Exercise due on 9/30; walking workouts in class
- 7 Read and study the PowerPoints on D2L. 10/9: Short Exam Review meet at SRC.  
walking workouts in classes

**\*\*All assignments due before the First Exam are due no later than 10/18. Late work will not be accepted.\*\***

- 8 First Exam is on 10/21. It covers the following: the powerpoints on D2L, handouts, exercises, and class lectures.
- 9 Article Review due on 10/28.  
(nutrition information, walking workouts in class)
- 10 Nutrition Exercise (Handout) due on 11/4  
(nutrition information, walking workouts in class)
- 11 3-Day Diet due on 11/11; (walking workouts in class) nutrition information, Exam Two handed out as a take-home exam, 11/6
- 12 Walking workouts in class; Food Label Assignment due on 11/18  
Post tests for: Sit and Reach
- 13 Exam 2 due on 11/20; Mile Walk Re-Test on 11/25; Walk  
The out-of-class walking log, must be turned in by December 2nd. Late items will not receive credit.
- 14 Boy Composition test, girth measurements
- 15 Final Exam Period  
The class will meet during final exams. The exam time is Tuesday, December 9th at 12:30 – 2:20. Attendance is required.

## **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.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 TBRs general education goals.

### **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:

###### Outside Assignments:

A. **Students will be required to walk or participate in any aerobic work-out for at least 30 minutes per week outside of class time. This activity must be documented as a log on-line or through an App either in “Map My Run” or Polar Personal Trainer. The log must be turned in at the end of the semester by December 2nd (Worth 15 points.)**

B. Student will be allowed to receive extra credit for reporting on course-related research and/or journal articles. These are in addition to the required report.

C. Extra credit will be given for participation in any out-of-class walking events, such as a “walkathon” of any type approved by the instructor.

Students will be required to document class walking time in target Heart Rate Zone and attendance on their individual workout card/class role sheet kept by the instructor. The instructor will also keep roll in a grade book.

###### Possible Point Accumulation:

- 14 points for 7 written assignments (2 points each)
- 5 points for 1 article review
- 5 points for written documentation of student's diet for 3 consecutive days
- 5 points for 10 food labels with evaluations
- 10 points for class participation/\*\*engagement\*\*
- 15 30 minutes out-of-class walking each week
- 4 girth measurements (pre and post)
- 4 resting heart rate (pre and post)
- 4 two body composition analysis (pre and post)
- 4 two Rockport Fitness tests (pre and post)
- 30 2 Exams (15 points each written examination)
- 100 Total points

###### \*\*Class Engagement:

To be engaged in the class means that the student exercises in the target heart zone (either documented by heart rate monitor or instructor’s perception of effort), communicates with instructor and classmates in a positive manner, contributes to discussion, and other items as determined and announced by the instructor.

##### B. Laboratory Expectations:

N/A

##### C. Field Work:

N/A

##### D. Other Evaluation Methods:

N/A

E. Grading Scale:

93 – 100	A
82 – 92	B
72 – 81	C
62 – 71	D
61 or less	F

**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.

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 Disability Services (DS) in order to receive accommodations in this course. Disability Services may be contacted by sending email to [disabilityservices@pstcc.edu](mailto:disabilityservices@pstcc.edu), or by visiting Alexander 130. 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 an absence.

**Cell Phone Policy:**

Use of cell phones (texting, talking, surfing the web, reading emails, etc.) will be limited to approved classroom activities. Usage of text messaging will only be allowed if there is an emergency on a particular day of class, and the student lets the instructor know ahead of time that he/she may be expecting a message. This will prevent students from missing material that is covered in class, and it is respectful to other students and the instructor.

**Stepping out of the Classroom:**

Students are to remain in the classroom during all classes, unless he/she needs to use the restroom. This will eliminate distractions to other classmates and allow all students to not miss any material covered in class.

**Exercise Disclaimer:**

Please consult your physician or medical professional before starting any exercise, diet, treatment, health, self-help, nutrition or any other related program.

**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 in the weight room provided that it is in a spill-proof container.

**Make-up Policy:**

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.

After two weeks, students will not be allowed to make-up classes.