

CATALOG INFORMATION

Dept and Nbr: KFIT 35.1

Title: WALKING FOR FITNESS

Full Title: Walking for Fitness

Last Reviewed: 5/11/2020

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	1.50	Lecture Scheduled	0	17.5	Lecture Scheduled	0
Minimum	1.50	Lab Scheduled	3.00	6	Lab Scheduled	52.50
		Contact DHR	0		Contact DHR	0
		Contact Total	3.00		Contact Total	52.50
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 26.25

Total Student Learning Hours: 78.75

Title 5 Category: AA Degree Applicable

Grading: Grade or P/NP

Repeatability: 00 - Two Repeats if Grade was D, F, NC, or NP

Also Listed As:

Formerly:

**Catalog Description:**  
This course is designed to teach and apply the principles of lifetime physical fitness: cardio-respiratory endurance, muscular strength, muscular endurance, flexibility and body composition. A variety of health and wellness issues will be addressed. The components of fitness will be met through structured individually paced fitness, walking techniques and strength conditioning exercises.

**Prerequisites/Corequisites:**

**Recommended Preparation:**

**Limits on Enrollment:**

**Schedule of Classes Information:**  
Description: This course is designed to teach and apply the principles of lifetime physical fitness: cardio-respiratory endurance, muscular strength, muscular endurance, flexibility and body composition. A variety of health and wellness issues will be addressed. The components of fitness will be met through structured individually paced fitness, walking techniques and strength

conditioning exercises. (Grade or P/NP)

Prerequisites/Corequisites:

Recommended:

Limits on Enrollment:

Transfer Credit: CSU;UC.

Repeatability: Two Repeats if Grade was D, F, NC, or NP

## **ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:**

<b>AS Degree:</b>	<b>Area</b>			Effective:	Inactive:
<b>CSU GE:</b>	<b>Transfer Area</b>			Effective:	Inactive:
<b>IGETC:</b>	<b>Transfer Area</b>			Effective:	Inactive:
<b>CSU Transfer:</b>	Transferable	Effective:	Fall 2013	Inactive:	
<b>UC Transfer:</b>	Transferable	Effective:	Fall 2013	Inactive:	

**CID:**

**Certificate/Major Applicable:**

Major Applicable Course

## **COURSE CONTENT**

### **Student Learning Outcomes:**

At the conclusion of this course, the student should be able to:

1. Explain and perform the requirements associated with walking for fitness including cardio-respiratory and cardiovascular endurance, muscular strength and endurance, muscular flexibility and body composition.
2. Demonstrate ability and knowledge to safely perform fitness walking techniques.

### **Objectives:**

At the conclusion of this course, the student should be able to:

1. Identify fundamentals of health-related fitness components, encompassing cardio-respiratory and cardiovascular endurance, muscular strength and endurance, muscular flexibility and body composition.
2. Apply knowledge of the fundamentals of health-related fitness toward developing, maintaining, and sustaining an active and healthy lifestyle.
3. Enhance basic motor skills and skill-related competencies, concepts, and principles in walking.
4. Utilization of different types of equipment and fitness principles to affect the intensity of an individual's walking for fitness.
5. Identify the safety issues associated with fitness walking and other fitness activities.
6. Identify and explain how the body responds during physical activity through fitness walking.

### **Topics and Scope:**

- I. Components of Fitness
  - A. Cardio-respiratory
  - B. Cardiovascular endurance

- C. Muscular strength
- D. Muscular endurance
- E. Muscular flexibility
- F. Body composition
- II. Walking for Fitness Program
  - A. Development
  - B. Maintenance
  - C. Sustainability
- III. Basic Motor Skills
  - A. Skill related competencies
  - B. Concepts
  - C. Strategies
  - D. Posture
  - E. Overstriding
  - F. Understriding
  - G. Flapping feet
  - H. Arm swing
- IV. Safety
- V. Physical Response
  - A. Endurance
  - B. Strength and Speed
  - C. Upper Body
  - D. Rest and Recovery

### **Assignment:**

Students are expected to spend an additional one and one-half hours per week outside of class completing one or more of the following assignments:

1. Fitness assessment such as pre and post-testing
2. Cardio/respiratory conditioning, muscular strength and endurance, and/or flexibility exercises
3. Exercise 1 hour per week in addition to regularly scheduled class meetings
4. One to three quiz(zes), one to three midterm(s)
5. Final exam
6. Training Log
7. Body composition calculation
8. Exercise heart rate calculation
9. Performance exams (One Mile Walk; Two Mile Walk; Muscular Strength / Endurance; Walking Technique)

### **Methods of Evaluation/Basis of Grade:**

**Writing:** Assessment tools that demonstrate writing skills and/or require students to select, organize and explain ideas in writing.

Training Log
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Writing 0 - 10%
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**Problem Solving:** Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.

Fitness assessment, calculation of body composition, exercise heart rate

Problem solving  
0 - 10%

**Skill Demonstrations:** All skill-based and physical demonstrations used for assessment purposes including skill performance exams.

Performance exams

Skill Demonstrations  
10 - 30%

**Exams:** All forms of formal testing, other than skill performance exams.

Quiz(zes), midterm(s), final exam

Exams  
10 - 30%

**Other:** Includes any assessment tools that do not logically fit into the above categories.

Attendance and Participation, outside activity

Other Category  
40 - 60%

**Representative Textbooks and Materials:**

Walking for Fitness. 6th ed. Seiger, Lon and Hesson, Hesson. Kendall Hunt Publishing. 2012 (classic)