

PHED 27: WALK FOR HEALTH

Foothill College Course Outline of Record

Heading	Value
Units:	1
Hours:	3 laboratory per week (36 total per quarter)
Advisory:	This course is included in the Cardio Fitness family of activity courses; not open to students with credit in H P 16.
Degree & Credit Status:	Degree-Applicable Credit Course
Foothill GE:	Area VII: Lifelong Learning
Transferable:	CSU/UC
Grade Type:	Letter Grade (Request for Pass/No Pass)
Repeatability:	Not Repeatable

Student Learning Outcomes

- Demonstrate proper body mechanics for fitness walking
- Design and practice personal training programs for increased cardiovascular benefits

Description

Introduction to fitness walking. Includes basic principles of exercise and how they relate to fitness walking.

Course Objectives

The student will be able to:

- recognize health benefits of fitness walking.
- explain the concepts of fitness walking.
- discuss misconceptions of walking.
- demonstrate and practice proper body mechanics involved in walking.
- discuss sound techniques for preventing, recognizing, and caring for common exercise related injuries.
- formulate personal walking program.

Course Content

- Health benefits of walking
 - Cardiovascular fitness
 - Muscle endurance
 - Flexibility
 - Body composition
 - Weight control
- Walking techniques
 - Arm swing
 - Leg stride
 - Foot placement
 - Arm/leg synchronization
- Cardiovascular training principles
 - Intensity
 - Duration
 - Frequency
- Prevention and care of injuries
 - Strains and pulls
 - R.I.C.E. principles

- Proper diet
- Nutrient analysis
- Dietary fluids
- Cultural and ethnic influences in walking programs

Lab Content

- Health benefits of walking
- Walking techniques
- Cardiovascular training principles
- Prevention and care of walking injuries

Special Facilities and/or Equipment

When taught as an online distance learning or hybrid section, students and faculty need ongoing and continuous internet and email access.

Method(s) of Evaluation

- Physical skills and techniques will be assessed by direct instructor observation
- Design for personal walking program
- Log of completed walks, mileage and heart rates

Method(s) of Instruction

- Lecture
- Laboratory
- Demonstration

Representative Text(s) and Other Materials

Caron, Marnie. *Walking for Fitness: the Beginner's Handbook*. British Columbia, Canada: Greystone Books, 2007.

Although this text is older than the suggested "5 years or newer" standard, it remains a seminal text in this area of study.

Types and/or Examples of Required Reading, Writing, and Outside of Class Assignments

The student will read journals, handouts, applicable websites for personal research related to improving their endurance and health.

Discipline(s)

Physical Education