

PHED 27C: INTERMEDIATE WALK FOR HEALTH

Foothill College Course Outline of Record

Heading	Value
Effective Term:	Summer 2023
Units:	1
Hours:	3 laboratory per week (36 total per quarter)
Advisory:	This course is included in the Cardio Fitness family of activity courses.
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

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

Description

Development of advanced walking skills for fitness and athletic walkers, including program customization and how walking fits into a healthy lifestyle.

Course Objectives

The student will be able to:

- Describe three levels of walking
- Understand training guidelines
- Use training formulas and charts
- Define the variations of walking
- Define cross-training
- Understand the importance of nutrition as part of the walking program

Course Content

- Level of walking
 - Health walking
 - Fitness walking
 - Athletic walking
- Understand training guidelines
 - Planning the walking program
 - Taking it easy
 - Evaluating your program
- Use of training formulas and charts
 - Resting heart rate formula
 - Rating of perceived exertion (RPE)
 - Estimating calories
 - 10,000 steps

- Charting
 - Honesty
 - Diligence
 - Time
 - Feelings
 - Physical signs
- Variations of walking
 - Nordic walking
 - Retro walking
 - Run walking
- Cross training
 - Aerobic activities
 - Anaerobic activities
 - Flexibility and stability
- Nutrition

Lab Content

Lab content may include but is not limited to:

- Health walking
- Fitness walking
- Athletic walking
- Rating of perceived exertion (RPE)
- Nordic walking
- Retro walking
- Run walking

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

Methods of Evaluation may include but are not limited to the following:

Physical skills and techniques will be assessed by direct instructor observation

Design for personal walking program

Log of completed walks, mileage, and use of one of the following: rating of RPE, 10,000 steps, estimating calories, or heart rate formula

Method(s) of Instruction

Methods of Instruction may include but are not limited to the following:

Lecture
Laboratory
Demonstration

Representative Text(s) and Other Materials

Scott, Lee, and Michele Stanton. [The Walking Solution](#). 2020.

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

- a. The student will keep a written log documenting their personal improvement of their fitness level
- b. The student will read journals, handouts, articles, applicable websites for personal research related to integrating walking into a healthy lifestyle

Discipline(s)

Physical Education