

PHED 405: INTRODUCTION TO FITNESS WALKING FOR THE OLDER ADULT

Foothill College Course Outline of Record

Heading	Value
Effective Term:	Summer 2021
Units:	0
Hours:	3 laboratory per week (36 total per quarter)
Degree & Credit Status:	Non-Degree-Applicable Non-Credit Course
Foothill GE:	Non-GE
Transferable:	None
Grade Type:	Non-Credit Course (Receives no Grade)
Repeatability:	Unlimited Repeatability

Student Learning Outcomes

- A successful student will be able to identify and explain how the various components of the class contribute to their general health and wellness.
- The successful student will be able to demonstrate the proper technique and form of the exercises required for the class.

Description

Designed to provide the student the opportunity to take steps towards maintaining independence in daily activity through engaging in a safe and appropriate fitness walking program. The physical and mental changes that occur later in life will be addressed.

Course Objectives

The student will be able to:

1. Identify the components of a comprehensive fitness walking program
2. Understand the principles of fitness
3. Demonstrate proper technique and body mechanics
4. Recognize the benefits of lifelong participation in a fitness walking program

Course Content

1. Components of a comprehensive fitness walking program
 - a. Duration
 - b. Distance
 - c. Frequency
 - d. Intensity/target heart rate
 - e. Warm-up
 - f. Cool down
 - g. Proper shoes
2. Principles of fitness
 - a. Cardiovascular endurance
 - b. Muscular strength and endurance

- c. Flexibility
 - d. Body composition
3. Proper technique and body mechanics
 - a. Arm swing
 - b. Leg stride
 - c. Foot placement
 - d. Arm/leg synchronization
 4. Recognize the benefits of lifelong participation in a fitness walking program
 - a. Improved functional movement and mobility
 - b. Decrease in depression, anxiety and stress
 - c. Increase energy and stamina
 - d. Improved self image, body image and confidence
 - e. Improved mental acuity
 - f. Improved sense of well being
 - g. Increased independence in daily living activities

Lab Content

During the periods of instruction the student will:

1. Demonstrate proper warm up activities.
2. Demonstrate skill by performing each exercise with awareness and the application of proper technique.

Special Facilities and/or Equipment

Athletic track.

Method(s) of Evaluation

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

Pre- and post-activity measurements
Self evaluation

Method(s) of Instruction

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

Instructor discussion, demonstration and interaction

Representative Text(s) and Other Materials

Instructor prepared materials

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

1. Optional reading and writing assignments as recommended by instructor.

Discipline(s)

Physical Education