

### KIN 37 - FITNESS WALKING

#### I. COURSE DESCRIPTION

Fitness walking is a low impact aerobic type activity designed to develop cardiovascular fitness. It is walking at a brisk pace with full arm movement.

#### II. COURSE OBJECTIVES

Upon completion of this course, the student will be able to demonstrate an understanding of:

- A. Development of cardiovascular endurance
- B. The benefits of fitness walking
- C. Development of a personal fitness walking program
- D. The basic principles of weight management
- E. The appropriate guidelines and technique for older adult and the physically challenged

#### III. COURSE CONTENT

- A. Motor (physical) Component:
  1. proper and safe warm up techniques
  2. to perform the Rockport Fitness Walking Test
  3. proper techniques of fitness walking
  4. introduction of interval type walking activities
  5. presentation of a variety of walking activities
  6. vigorous fitness walking designed to develop cardiorespiratory fitness
- B. Cognitive (knowledge) Component:
  1. basic terminology
  2. components of fitness
  3. guidelines for cardiovascular fitness
  4. benefits of fitness walking
  5. developing a fitness walking program
  6. weight management and concepts
  7. proper nutrition
  8. areas of study as covered in course outline of study

#### IV. COURSE REQUIREMENTS & INFORMATION

- A. Pre-post assessment tests
- B. Active class participation
- C. Recognizable and acceptable effort in class participation is a necessary requirement
- D. Assigned reading from text and handout material
- E. Written quizzes and final exam
- F. Recording walking mileage on chart
- G. Development of personal walking program
- H. Walk three miles or more in one session by end of semester
- I. Folder - inside pocket
- J. Two T&E 0200 answer sheets
- K. Students are required to show their student ID card when entering and reporting to a class scheduled in the Event Center. No Exception!!
- L. Students in my classes (Sullivan's) are permitted two unexcused class participations (emergency, illness, etc.) per semester.
- M. Only two class make ups are permitted
- N. Your individual pedometer – required, steps & miles
- O. There will be no make up for midterm or final exams.
- P. There will be a performance assessment of that activity the class before the post-test.
- Q. *Photo of self for ID on check in card*

#### V. EVALUATION

- A. Daily mileage workout points/acceptable effort..... 50%
- B. Pre-Post tests: Rockport Fitness Walking Test.....10%
- C. Personal walking program/three mile walk.....05%
- D. Mid-term/Quiz......20%
- E. Final exam......20%
- F. Pedometer and self photo.....05%

- VI. REQUIRED TEXT  
Walking for Fitness. Seiger, Lon and Hesson, James. Kendal/Hunt Publishing Co., 2009, 5<sup>th</sup> edition.

University recommended statement on Academic Integrity

**ACADEMIC INTEGRITY** (from Office of Judicial Affairs). “Your own commitment to learning, as evidenced by your enrollment at San Jose State University, and the University’s Academic Integrity Policy requires you to be honest in all your academic course work. Faculty are required to report all infractions to the office of Judicial Affairs. The policy on academic integrity can be found at <http://www2.sjsu.edu/senate/SO4-12.htm>

University recommended statement on Persons with Disabilities

**AMERICANS WITH DISABILITIES ACT COMPLIANCE**. “If you need course adaptations or accommodations because of a disability, or if you need special arrangements in case the building must be evacuated, please make an appointment with The Disability Resource Center (924-6000, located in Adm 110) as soon as possible. Presidential Directive 97-03 requires that students with disabilities register with DRC to establish a record of their disability.”

**KIN 37 - FITNESS WALKING**  
**Textbook Order of Study**

I.	The Walking Boom	Chapter 1	pp. 1-10
II.	Clothing and Equipment	Chapter 3	pp. 29-39
III.	Warm-up, Cool Down, and Flexibility	Chapter 5	pp. 55-62
IV.	Fitness Walking Test	Chapter 6	pp. 65-73
V.	Fitness Walking Programs	Chapter 7	pp. 77-89
VI.	Fitness Walking Techniques	Chapter 8	pp. 91-101
VII.	Safety	Chapter 4	pp. 41-52
VIII.	<b>Quiz</b> and Healthy Weight and Body Fatness	Chapter 10	pp. 141-156
IX.	Benefits of Fitness Walking	Chapter 2	pp. 13-26
X.	Sticking With It	Chapter 11	pp. 159-168

REQUIRED TEXT: Walking for Fitness. Seiger and Hesson.  
Kendal/Hunt Publishing Co., 2009, 5<sup>th</sup> Edition

Technique Activities:

Assessment: 8-4, pg 107

Assessment: 8-5, pg 109

Assessment: 8-8, pg 115