

San Jose State University
Department of Kinesiology
Kin-37 Fitness Walking

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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 using the proper fitness walking technique with full arm movement.
- II. **Student Learning Objectives:**
Upon completion of this course students will be able to demonstrate an understanding of:
 - Proper fitness walking mechanics
 - Development of cardiovascular endurance
 - Benefits of Fitness Walking
 - Basic Nutrition
 - Development of personal Fitness Walking program
 - Basic principal of weight management
 - Proper Fitness Walking Footwear
- III. **Course Content:**
 - A) Motor (Physical) Content:
 - Proper and safe warm up techniques
 - Proper techniques of fitness walking
 - Interval walking activities
 - Intense walking to develop cardiovascular fitness
 - B) Cognitive (Knowledge) Content:
 - Basic terminology
 - Components of Fitness
 - Guidelines for cardiovascular fitness
 - Benefits of Fitness Walking
 - Developing a Fitness Walking program
 - Weight management and concepts
 - Proper Nutrition
- IV. **Course Requirement & Information**
 - **ACTIVE CLASS PARTICIPATION!!!**
 - Fitness Final (May 11th) (Will take place at the track)
 - Nutrition Lecture (April 22nd)
 - Program Lecture (April 27th)

V. Evaluation

- 24/24...A+
 - 22/24...A
 - 20/24...B
 - 18/24...C
 - 16/24...D
 - 14/24 or less...F
- The Fitness Final will consist of a 1.5 mile walk. You will have 20 minutes to finish. If you make this time you will get a “+” added to your grade. If you do not get it then your grade will stay the same. If you miss the test there will not be any make ups, and you will receive a “-“ to your grade.

VI. Lockers are available in locker room. Locks not provided so bring your own.

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.”