

**San José State University**  
**Kinesiology**  
**Spring 2021, KIN 037-02 Fitness Walking**

## **Contact Information**

Instructor: James Fonda

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Office Hours: Monday

12:00 pm – 2:00 pm.

Please make a Zoom  
appointment during these  
hours.

Class Meetings &

location: This is an online  
class

Prerequisites: None

## **Course Description**

Fitness Walking is a lightly-impact activity designed to improve cardiovascular fitness.

## **Web Resource**

Course materials may be found on the e-campus [Canvas learning management system](http://www.sjsu.edu/at/ec/canvas/) at <http://www.sjsu.edu/at/ec/canvas/>. You are responsible for regularly checking the Canvas discussion board and email for information and messages. Login using your mysjsu username and password.

## **Course Goals and Student Learning Objectives**

Following activities and assigned reading, students will be able to demonstrate through class activities/assignments, skills tests, and written exams,

- Knowledge of fundamental skills, techniques for Fitness Walking.
- Proficiency in execution of Fitness Walking skills covered.

- An understanding of the history, rules, strategies, current research, safety and etiquette associated with Fitness Walking.
- An understanding of the mental and physical health benefits to be derived from Fitness Walking.
- An appropriate level of proficiency in personal fitness as it relates to components such as cardiovascular endurance, muscular strength and endurance, flexibility, body composition, balance, coordination, and agility.

### **Activity Program Learning Outcomes**

After completion of the physical activity graduation requirement, students shall be able to:

- Demonstrate proficiency in the execution of the motor/sport skills appropriate to the specific activities completed.
- Identify and/or explain the applicable history, rules, strategies, current research, safety, and etiquette related to the specific activities completed.
- Identify and/or explain the benefits of physical activity as related to physical and mental health.

### **Text/Readings/Technology**

- Other readings will be posted on Canvas
- Map My Run App (Under Armor)

### **Course Notes**

- Class protocol: Students are expected to be on time and ready to go when class starts. Interactions with classmates and the instructor are always expected to be respectful. Students must be off their phones for safety reasons unless given permission from the professor. Students should check with Canvas periodically for announcements and other readings. Students must communicate with the professor in a timely manner of absences or other issues that will force missed days.
- Recording class: Instruction may not be recorded.
- Intellectual property: Course materials developed by the instructor (e.g., exam/quiz items, videos, lecture notes), are the instructor's intellectual property and cannot be shared or uploaded in any form publicly without the instructor's approval.
- If you have pre-existing medical or physical problems, you should consult your physician before participating in this class and alert the instructor to any required limitations.
- Report any accidents to the instructor immediately.
- Success in this course is based on the expectation that students will spend, for each unit of credit, a minimum of 45 hours over the length of the course (normally three hours per unit per week) for instruction, preparation/studying, or course related activities.
- Success in this course will be met by using your app every time you walk, stretching before and after exercise and looking after pains and aches
- Course grades will be posted on Canvas by the end of finals week.

- Drop requests will not be accepted after the SJSU drop deadline.

## Course Requirements, Assignments, and Grading -

Tests:

- Skills Test 1: Time Walking Test (1.5 miles in 30 minutes)
- Skills Test 2: Time Walking Test (3 miles in 50 fifty minutes)

Assignments/Projects:

- Journal 1 (Mid Semester): A written diary of ALL your walks **both in class and outside of class**
- Journal 2 (End of Semester): A written diary of ALL your walks **both in class and outside of class**
- Theses journals will be assigned through Canvas and turned in Canvas
- Use only pdf, or doc format.

## Grading

- Your grading method: Point totals.
- Grades will be determined by doing tasks on time, participation, accuracy, and improvement.
- No extra credit.
- Penalty for late or missed work is -5 points for every day late.

## Grading Plan

30% Skills Test 1  
 20% Journal 1  
 20% Journal 2  
 30% Skills Test 2

**Grading Scale used to determine final course grade.**

Percentage	Equivalent Grade
97% - 100%	A+
93% - 96%	A
90% - 92%	A-

Percentage	Equivalent Grade
87% - 89%	B+
83% - 86%	B
80% - 82%	B-
77% - 79%	C+
73% - 76%	C
70% - 72%	C-
67% - 69%	D+
63% - 66%	D
60% - 62%	D-
below 60%	F

### University Policies

Information pertaining to university programs and policies designed to facilitate student success can be found here:

<http://www.sjsu.edu/gup/syllabusinfo/>

### Course Calendar (subject to change with fair notice by announcement in class and/or email)

Week	Topics, Readings, Assignments, Deadlines
1	Welcome Syllabus Review, Q/A (Zoom Meetings on 1/28 Thursday 3:30 pm)
2	Going for a small walk and instructions on safety, Instruction on your walking map, Dynamic Stretching, Nutrition, Walking, Walking Map, App instructions, Review of a Walking Map Due, Map My Run App Due (Zoom Meetings on Feb 2nd at 3:30 pm and the 4th at 3:30pm)
3	1 <sup>st</sup> Walk, 2 <sup>nd</sup> Walk
4	3 <sup>rd</sup> Walk, 4 <sup>th</sup> Walk
5	5 <sup>th</sup> Walk, 6 <sup>th</sup> Walk
6	7 <sup>th</sup> Walk, 8 <sup>th</sup> Walk ( <b>SKILLS TEST 1 (1.5 mile walk in 30 minutes)</b> )

Week	Topics, Readings, Assignments, Deadlines
7	9 <sup>th</sup> Walk, 10 <sup>th</sup> Walk
8	11 <sup>th</sup> Walk, 12 <sup>th</sup> Walk <b>Journals Due (Uploaded through Canvas)</b>
9	13 <sup>th</sup> Walk, 14 <sup>th</sup> Walk
10	<b>SPRINK BREAK</b>
11	15 <sup>th</sup> Walk, 16 <sup>th</sup> Walk
12	17 <sup>th</sup> Walk, 18 <sup>th</sup> Walk
13	19 <sup>th</sup> Walk, 20 <sup>th</sup> Walk
14	21 <sup>st</sup> Walk, 22 <sup>nd</sup> Walk
15	23 <sup>rd</sup> Walk, 24 <sup>th</sup> Walk
16	25 <sup>th</sup> Walk, 26 <sup>th</sup> Walk ( <b>SKILLS TEST 2 (3 Mile Walk in 50 minutes)</b> )
FINAL	<b>Final Journal Uploaded in Canvas during final time</b>