

San José State University
Kinesiology
KIN 37-01, Fitness Walking, 40435, Fall Semester, 2017

Course and Contact Information

Instructor:	James Fonda
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Email:	James.Fonda@sjsu.edu
Office Hours:	Monday 12-2pm
Class Days/Time:	Tuesday and Thursday 11:30-12:20
Classroom:	Top of the Event Center and South Campus

Course Format

Faculty Web Page and MYSJSU Messaging

Course materials such as syllabus, handouts, notes, assignment instructions, etc. can be found on the [Canvas Learning Management System course login website](http://sjsu.instructure.com) at <http://sjsu.instructure.com>. You are responsible for regularly checking with the messaging system through [MySJSU](http://my.sjsu.edu) at <http://my.sjsu.edu> (or other communication system as indicated by the instructor) to learn of any updates.

Course Description

The purpose of this class is to assist the student in the improvement of their cardiovascular fitness through walking. The course will also help students to learn about safety when walking. Students will be able to research a course within certain time restraints. Courses will vary day to day. This course also seeks to increase the student's knowledge of training methods so that they may develop their own programs.

Course Learning Outcomes (CLO)

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

- Knowledge of fundamental skills, technique, related to walking.
- Proficiency in execution of the skills covered.
- An understanding of the strategies, safety and etiquette associated with walking.
- An understanding of the mental and physical health benefits to be derived from 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.

Upon successful completion of this course, students will 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 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.

Other Readings

Other readings will be posted on Campus

Other technology requirements / equipment / material

Map My Run App (from Under Armor), a pocket notepad

Course Requirements and Assignments

*This course does require you to read and submit written assignments as well as your skills for walking. There are two skills test that will be based on your skills and efficiency in those walking skills, this includes effort, e, improvement in distance, and improvement in form. To do this successfully, a third Walking day on your own time will help. Walking only 2 days a week is the bare minimum to see any quite

The rest of your grade is based on the following assignments:

*Mid Semester Walking Journal. You must keep a Walking Journal, in Word format, and must record the following each time you run: time of day, distance, total walking time, average minute/mile time, weather, how you felt about the run (pre and post), nutrition and hydration pre- and post-run. This will be checked at mid-term in the semester. A journal can be brought to class in order to keep track of walks. Do not wait until the night before to write everything!

*Final Exam: This will be the complete walking journal from the beginning of the semester. It will be completed on the final day of class.

*Walking Application will be downloaded on your phone and will be used to track your progress during the semester. You will need to sign up at www.mapmyrun.com and friend me.

*You will also be responsible for a walking map in the beginning of the semester.

Grading Information

Success in this course is based on the expectation that students will spend, for each unit of credit, a minimum of forty-five hours over the length of the course. This would include preparing for class, participating in course activities, and completing assignments/projects. Generally, this will amount to 1 hour a week outside of class.

Grading Scale used to determine letter grade for each component above.

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

More guidelines on grading information and class attendance can be found from the following two university policies:

[University Syllabus Policy S16-9](http://www.sjsu.edu/senate/docs/S16-9.pdf) (<http://www.sjsu.edu/senate/docs/S16-9.pdf>)

[University policy F15-12](http://www.sjsu.edu/senate/docs/F15-12.pdf) (<http://www.sjsu.edu/senate/docs/F15-12.pdf>)

Determination of Grades

- Grades will be determined to doing tasks on time, participation, accuracy and improvement
- Extra credit is not available.
- Penalty (if any) for late or missed work.

Classroom Protocol

- Students are expected to be on time and ready to go when class starts.
- Students must be respectful towards one another and to the professor.
- Students must be off their phones for safety reasons unless given permission from the professor.
- Students should check with Canvas periodically.
- Students must communicate with the professor on missing classes and other issues that would affect them in success of this course.

University Policies

Per University Policy S16-9, university-wide policy information relevant to all courses, such as academic integrity, accommodations, etc. will be available on Office of Graduate and Undergraduate Programs' [Syllabus Information web page](http://www.sjsu.edu/gup/syllabusinfo/) at <http://www.sjsu.edu/gup/syllabusinfo/>"

Kin 37-01 / Fitness Walking, Fall 2017, Course Schedule

Here is the course agenda. This agenda could change at any time.

Course Schedule

Week	Date	Topics, Readings, Assignments, Deadlines
1	8/24	Welcome Syllabus Review, Q/A
2	8/29-8/31	Going for a small walk and instructions on safety, Instruction on your walking map, Dynamic Stretching, Nutrition, Walking, Walking Map, App instructions
3	9/5-9/7	Review of a Walking Map Due, Map My Run App Due; 1 st Walk
4	9/12-9/14	2 nd Walk, 3 rd Walk
5	9/19-9/21	4 th Walk, 5 th Walk (South Campus)
6	9/26-9/28	6 th Walk, 7 th Walk
7	10/3-10/5	8 th Walk, 9 th Walk
8	10/10-10/12	10 th Walk, 11 th Walk (South Campus) Journals Due
9	10/17-10/19	12 th Walk, 13 th Walk
10	10/24-10/26	14 th Walk, 15 th Walk
11	10/31-11/2	16 th Walk, 17 th Walk
12	11/7-11/9	18 th Walk, 19 th Walk
13	11/14-11/16	20 th Walk, 21 st Walk
14	11/21-11/22	22nd Walk, School Holiday

Week	Date	Topics, Readings, Assignments, Deadlines
15	11/28-11/30	23rd Walk, 24th Walk
16	12/5-12/7	Final, Off