

San José State University
Kinesiology
Fall 2017, Kin 37-02, Fitness Walking

Course and Contact Information

Instructor: Krislyn Li

Office Location: SPX 170

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Office Hours: By appointment only

Class Days/Time/Location: Mon/Wed 9:30AM-10:20AM SPX 106B

Prerequisites:

It is recommended that participants have a complete medical examination. While rigorous physical exercise has many benefits, it may also present hazards for certain groups of individuals. Individuals who choose not to have a medical examination should be aware of the risks and hazards and understand that participation in this class is at your own risk.

Course Format

Canvas Technology

Course materials such as syllabus, handouts, notes, assignment instructions, etc. can be found on [Canvas Learning Management System course login website](http://sjsu.instructure.com) at <http://sjsu.instructure.com>. You are responsible for regularly checking Canvas to learn of any updates. Student e-mails that are linked with my.sjsu.edu accounts should be checked regularly in addition to Canvas Technology.

Course Description

The purpose of this class is to assist the student in the improvement of their cardiovascular fitness through walking. This course also seeks to increase the student's knowledge of training methods so that they may develop their own programs.

After activities and assigned readings, students will be able to demonstrate through class activities/assignments, skill tests, and exams:

- Identify and explain fundamental principles of development and maintenance of health-related components of fitness such as cardiovascular fitness, body composition, flexibility, and muscle fitness.

-Perform an adequate walking workout consisting of a warm-up, aerobic conditioning, and cool-down.

-Knowledge of fundamental skills and techniques related to walking.

-Identify potential sources of injury regarding walking outdoors, utilize appropriate athletic apparel, demonstrate safety and etiquette.

-An understanding of the mental and physical health benefits to be derived from walking

-A positive change in personal fitness as it relates to components such as muscular strength and endurance, body composition, balance, coordination, and agility.

Course Learning Outcomes (CLO)

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

-Demonstrate the acquisition and application of motor skills appropriate to walking.

-Demonstrate an understanding of the basic terminology, history, rules, current research, safety, and etiquette appropriate to walking.

-Identify and/or explain the benefits of physical activity as related to physical and mental health. Course information will be discussed in class, posted on Canvas, and or/mailed to the student.

Course Notes and Classroom Protocol

- 1. Assignments received late will receive a deduction of 2 points for each day late and will not be accepted after one week past the due date.**
- 2. Walking logs will be distributed at the end of each class session for students to document each session, including the warm-up, type of workout, length of run, cool-down, and brief statement of how one felt (rating of perceived exertion) during class.**
- 3. This is an activity class and by its nature you can only benefit and experience change by physical participation in the activity. For whatever reason, should you be unable to participate in class to the degree that your final grade will be unacceptable, you must drop the class or take an incomplete. Students that miss a significant amount of class time should expect to see reflections in grades.**

- 5. All students must be dressed properly (see KIN policy) in order to participate in activity. If a student is not dressed properly they will be asked to change or sit out due to safety hazards.**
- 6. Cell phones should not be used for social media purposes during class time due to safety hazards (personal music, running apps, and timers allowed).**
- 7. Students are expected to arrive on time and participate throughout the entire class period.**
- 8. Lockers are located in the Spartan Complex locker rooms. Students should bring their own locks to use the lockers.**

Required Texts/Readings

Textbook

Text - None required. Cognitive material comes from a variety of sources provided through Canvas, e-mail, and in class. Students are expected to keep lecture notes and may be asked to reference some outside reading sources.

Course Requirements and Assignments

- Benefits of Physical Activity quiz (10 points)
- Pre and Post Program Assessments (10 points total, 2 assessments)
- Online Quizzes (25 points total, 5 quizzes)
- In-Class Walking Log (25 points total, 25 logs)
- Fieldwork Assignment (15 points)
- Final Exam (15 points)

100 points total

Final Examination or Evaluation

The final examination will be during regular class time at the regular class meeting place on the last day of instruction **Monday, December 11th, 2017**.

Grading Information

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

Determination of Grades

- Grades will be determined using the above scale with % equivalent to points earned in class. There are 100 points to be earned.
- There may be one or two extra credit assignments throughout the semester.

University Policies

Dropping and Adding

Students are responsible for understanding the policies and procedures about add/drop, grade forgiveness, etc. Refer to the current semester's Catalog in the [policies section](http://info.sjsu.edu/static/catalog/policies.html) at <http://info.sjsu.edu/static/catalog/policies.html>. Add/drop deadlines can be found on the current [academic year calendars](http://www.sjsu.edu/provost/services/academic_calendars/) document at http://www.sjsu.edu/provost/services/academic_calendars/. The [late drop policy](http://www.sjsu.edu/aars/policies/latedrops/policy/) is available at <http://www.sjsu.edu/aars/policies/latedrops/policy/>. Students should be aware of the current deadlines and penalties for dropping classes.

Information about the latest changes and news is available at the [Advising Hub](http://www.sjsu.edu/advising/) at <http://www.sjsu.edu/advising/>.

Academic Integrity

Your commitment as a student to learning is evidenced by your enrollment at San Jose State University. The University's [Academic Integrity policy](http://www.sjsu.edu/senate/S07-2.htm) at <http://www.sjsu.edu/senate/S07-2.htm>, requires you to be honest in all your academic course work. Faculty members are required to report all infractions to the office of Student Conduct and Ethical Development. The [Student Conduct and Ethical Development](http://www.sjsu.edu/studentconduct/) website at <http://www.sjsu.edu/studentconduct/>.

Instances of academic dishonesty will not be tolerated. Cheating on exams or plagiarism (presenting the work of another as your own, or the use of another person's ideas without giving proper credit) will result in a failing grade and sanctions by the University. For this class, all assignments are to be completed by the individual student unless otherwise specified. If you would like to include your assignment or any material you have submitted, or plan to submit for another class, please note that SJSU's [Academic Integrity policy](http://www.sjsu.edu/senate/S07-2.htm) at <http://www.sjsu.edu/senate/S07-2.htm> requires approval of instructors.

Note: Outings/assignments completed for another class cannot be counted for this course.

Campus Policy in Compliance with the American Disabilities Act

If you need course adaptations or accommodations because of a disability, or if you need to make special arrangements in case the building must be evacuated, please make an appointment with me as soon as possible, or see me during office hours. [Presidential Directive 97-03](http://www.sjsu.edu/president/docs/directives/PD_1997-03.pdf) at http://www.sjsu.edu/president/docs/directives/PD_1997-03.pdf requires that students with disabilities requesting accommodations must register with the [Accessible Education Center](http://www.sjsu.edu/aec/) (AEC) at <http://www.sjsu.edu/aec/> to establish a record of their disability.

Accommodation to Students' Religious Holidays

San José State University shall provide accommodation on any graded class work or activities for students wishing to observe religious holidays when such observances require students to be absent from class. It is the responsibility of the student to inform the instructor, in writing, about such holidays before the add deadline at the start of each semester. If such holidays occur before the add deadline, the student must notify the instructor, in writing, at least three days before the date that he/she will be absent. It is the responsibility of the instructor to make every reasonable effort to honor the student request without penalty, and of the student to make up the work missed. See University Policy S14-7 at <http://www.sjsu.edu/senate/docs/S14-7.pdf>.

Grading Scale used to determine final course grade.

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+

Percentage	Equivalent Grade
63% - 66%	D
60% - 62%	D-
below 60%	F

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

Week	Course Content (Assignments, Exams/Quizzes, ...)
1 8/23	Green Sheet and Course Introduction
2 8/28, 8/30	Warm Ups and Cool Downs / Walking Technique and Drills
3 9/4, 9/6	Pre-Program Assessment / Safety and Etiquette
4 9/11, 9/13	Walking Programs / Fieldwork Assignment Explained
5 9/18, 9/20	Common Aerobic Injuries
6 9/25, 9/27	Heart Rate and Factors
7 10/2, 10/4	Health and Skill Related Components of Physical Fitness
8 10/9, 10/11	Importance of Body Composition
9 10/16, 10/18	Fieldwork Assignment Due 10/18
10 10/23, 10/25	Weight Management
11 10/30, 11/1	Nutrition and Timing
12 11/6, 11/8	History of Walking
13 11/13, 11/15	Benefits of Physical Activity
14 11/10, 11/22	Benefits of Physical Activity Quiz 11/22
15 11/27, 11/29	Stress Management
16 12/4, 12/6	Post Program Assessment 12/6
17 12/11	Final Exam during regular class time