

# Course Syllabus

## Course Description

This course helps students establish a regular walking program for health and fitness. Walking is appropriate for students of all fitness levels and is a great way to maintain a moderately active lifestyle. In addition to reviewing fundamental principles of fitness, students learn about goals and motivation, levels of training, walking mechanics, safety and injury prevention, appropriate attire, walking in the elements, good nutrition and hydration, and effective cross-training. Students take a pre- and post fitness assessment. Throughout this course students also participate in a weekly fitness program involving walking, as well as elements of resistance training and flexibility.

## Units & Tasks

This course is divided into the following Units and Sections. The sections are composed of two numbers, separated by a period. The first number indicates the unit and the second number indicates the section.

- **Course Introduction**
- **Unit 1: Getting Started**
  - 1.1 Fitness Assessment & Analysis
  - 1.2 Getting Started
  - 1.3 Training Plan
  - 1.4 Motivation & Goal Setting
- **Unit 2: Walking Mechanics**
  - 2.1 Warm Up & Cool Down
  - 2.2 Walking Technique
  - 2.3 Principles & Training Zones
- **Unit 3: Safety & Equipment**
  - 3.1 Rules & Safety
  - 3.2 Walking in the Elements
  - 3.3 Walking Shoes & Equipment
- **Unit 4: The Walking Scene**
  - 4.1 Benefits of Walking
  - 4.2 Speed Training & Race Walking
- **Unit 5: Overall Wellness**
  - 5.1 Diet & Exercise
  - 5.2 Cross Training
- **Unit 6: Post Assessment**
  - 6.1 Post Assessment

Within each section you will find the following tasks to view or complete:

1. **Game Plan**—an outline of tasks for that section
2. **Lesson**—multimedia online lessons about the section topic
3. **Sprint**—links to other online sites with additional fitness information
4. **Team Huddle\***—class discussion on an assigned topic
5. **Assignment\***—section assignment

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6. **Quiz\***—an assessment of your comprehension of the lesson content
7. **Walking Log\***—a record of your workout sessions for each week

The items noted with an asterisk above are those that must be submitted for a grade. Please refer to the “Course Introduction” section for more detailed information on points possible and due dates.

### Exercise Requirements

In addition to completing written assignments, discussions, and journal entries, you are required to complete physical fitness activities for this course.

**You are required to complete a *minimum* of three hours per week of physical fitness activities over *at least* three different days of the week. Each week’s workouts must include elements of walking/cardio, strength training, and flexibility.** You will be recording your activities and heart rate on a weekly log that you will submit to your instructor. More detailed information about the exercise requirements and your Walking Log can be found in the “Course Introduction” section and within your Walking Log.

### Assignments and Grading

Each section of this course is designed to be completed in about one week’s time. Please see the detailed schedule for more information on points possible and due dates.

\*Only 12 Walking Logs are required throughout the semester. Optional days to submit a weekly log are included for make-up (in case of missed weeks) or extra credit.

\*\***Parent verification of the Weekly Walking Logs is required** every four weeks. You will not receive additional points for the parent verification. However, you will **LOSE** points for your Walking Logs if the parent verification is not submitted.

### Recommended Materials

There are no required materials or equipment for this course. However, the following equipment may be helpful. These products are available at <http://www.caronefitness.com/products2.html>.

- Heart Rate Monitor
- MOVband
- Resistance Band

### Technical Requirements

A PDF reader and a word-processing program are required for this course. It is also recommended that you have either a Flash player or MP4 player. Below you will find links to download free or trial versions of these programs.

- Flash Player, <http://get.adobe.com/flashplayer/>
- Adobe Reader, <http://get.adobe.com/reader/>
- QuickTime MP4 Player, <http://www.apple.com/quicktime/download/>

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- Word Processing Programs:
  - Microsoft Word, <http://office.microsoft.com/en-us/try/>
  - Open Office, <http://www.openoffice.org/download/>