DATE OF LAST REVIEW: 02/2013
CIP CODE: 24.0101
SEMESTER: Departmental Syllabus
COURSE TITLE: Walking for Fitness
COURSE NUMBER: EXSC0139
CREDIT HOURS: 1
INSTRUCTOR: Departmental Syllabus
OFFICE: Departmental Syllabus
OFFICE HRS: Departmental Syllabus
TELEPHONE: Departmental Syllabus
EMAIL: Departmental Syllabus

KCKCC issued email accounts are the official means for electronically communicating with our students.

PREREQUISITES: NONE

REQUIRED TEXT AND MATERIALS:
Please check with the KCKCC bookstore, http://www.kckccbookstore.edu/ for the required texts for your particular class.

COURSE DESCRIPTION:

This course is designed to improve the student’s cardiovascular fitness through walking. They will learn to reach the target zone of walking pace to achieve a fitness level.

METHOD OF INSTRUCTION:

A variety of instructional methods may be used depending on content area. These include but are not limited to: lecture, multimedia, cooperative/collaborative learning, labs and demonstrations, projects and presentations, speeches, debates, and panels, conferencing, learning experiences, and performances outside the classroom. Methodology will be selected to best meet student needs.

COURSE OUTLINE:

I. Introduction to Course
   A. Benefits of Walking
II. The Fitness Walker
III. The Target Zone
    A. Walking Pace
IV. Footwear
V. Safety
VI. Nutrition and Walking
VII. Injury Prevention and Treatment
VIII. Competitive Walking

EXPECTED LEARNER OUTCOMES:

A. The student will be able to demonstrate a knowledge of the benefits of fitness walking
B. The student will be able to demonstrate knowledge of target zone and set up a walking schedule.
C. The student will be able to demonstrate a knowledge of walking shoes
D. The student will be able to demonstrate a knowledge of walking safety

COURSE COMPETENCIES:

The student will be able to demonstrate a knowledge of the benefits of fitness walk
1. The student will be able to educate students on benefits of walking for fitness (lower resting heart rate, improved cardiac efficiency, lowering risk of heart disease).

The student will be able to demonstrate knowledge of target zone and set up a walking schedule.
3. The student will be able to start on a walking program and keep on a schedule of exercise.
4. The student will be able to find a pace of walking to reach the target zone so the student is receiving a cardiovascular benefit from the exercise.

The student will be able to demonstrate a knowledge of walking shoes
6. The student will be able to demonstrate walking ability with a timed mile three times during the class
7. The student will be able to recognize the importance of shoe wear.

The student will be able to demonstrate a knowledge of walking safety
8. The student will be able to recognize the importance of safety during their walking
9. The student will be able to demonstrate knowledge of nutrition for their walking program
10. The student will be able to recognize, treat, and prevent injuries which can incur during a walking program

ASSESSMENT OF LEARNER OUTCOMES:

Student progress is evaluated by means of exams, written assignments and walking participation.

NOTE:

This syllabus is subject to change at the discretion of the instructor. Material included is intended to provide an outline of the course and rules that the instructor will adhere to in evaluating the student’s progress. However, this syllabus is not intended to be a legal contract. Questions regarding the syllabus are welcome any time.
Kansas City Kansas Community College is committed to an appreciation of diversity with respect for the differences among the diverse groups comprising our students, faculty, and staff that is free of bigotry and discrimination. Kansas City Kansas Community College is committed to providing a multicultural education and environment that reflects and respects diversity and that seeks to increase understanding.

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