

# Lassen Community College Course Outline

## PEAC-16 Walking For Fitness

1.0 Unit

### I. Catalog Description

Students will participate in brisk walking program that will enhance their cardiovascular conditioning and endurance. This course has been approved for online and hybrid delivery for emergency use only.

Transfers to both UC/CSU  
General Education Area: E2  
51 Hours Lab  
Scheduled: Summer

### II. Coding Information

Repeatability: Take 1 time  
Grading Option: Graded or Pass/No Pass  
Credit Type: Credit - Degree Applicable  
TOP Code: 083500

### III. Course Objectives

#### A. Course Student Learning Outcomes

Upon completion of this course the student will be able to:

1. Understand and apply heart rate principles for cardiovascular exercise to determine walking intensity.
2. Understand and explain the necessity of including aerobic exercise in weight management plans.
3. Demonstrate proper walking form for maximum fitness development.

#### B. Course Objectives

Upon completion of this course the student will be able to:

1. Demonstrate ability to measure heart rate and determine target heart rate zones
2. Demonstrate proper walking form for maximum fitness development.
3. Understand principles of weight loss and cardiovascular development.
4. Understand aerobic versus anaerobic principles of fitness

### IV. Course Content

#### A. Fitness Assessment

1. 12-min walk test (cardiovascular endurance)
2. Blood pressure
3. Resting Heart Rate

#### B. Walking Form

1. Leg motion
2. Arm position and motion
3. Head position

#### C. Heart Rate

1. Monitor Exercise Intensity
2. Common Sites for Measurement
3. How to Measure

- D. Target Heart Rate
  1. Use in Guiding Exercise Intensity
  2. Determining Target Range
- E. Stretching
  1. Upper and lower leg stretches
  2. Back and Ab stretches
  3. Arm and shoulder stretches
- F. Weight Management Considerations
  1. Factors Contributing to Weight
  2. Calories - Intake vs. Output
  3. Role of Aerobic Exercise
- G. Walking
  1. Steady pace
  2. Intervals
- H. Tracking Fitness Performance through charts or journals

## V. Assignments

### A. Appropriate Readings

N/A

### B. Writing Assignments

N/A

### C. Expected Outside Assignments

N/A

### D. Specific Assignments that Demonstrate Critical Thinking

1. The student will analyze fitness assessment results and will formulate appropriate fitness goals.
2. The student will learn to work at intensity within determined target heart range through regular measurement of heart rate.

## VI. Methods of Evaluation

### Tradition Classroom Evaluation

**Example #1.** To demonstrate ability to correctly perform a walking stride for fitness, the instructor will observe the students' daily performance of the skill. To demonstrate the ability to perform flexibility exercises and measure personal heart rate, the instructor will evaluate student performance the appropriate exercises. Competency is demonstrated through each student's ability to perform the exercises necessary with increasing levels of mastery.

**Example #2.** To demonstrate analysis of personal heart rate as a measure of cardiovascular intensity, the instructor will observe and evaluate each student's ability to adjust their pace and intensity to maintain appropriate heart rate levels. Student competency is demonstrated through the ability to make correct decisions and adjustments for personal improvement and safety throughout the semester.

### Hybrid Evaluation

All quizzes and exams will be administered during the in person class time. Students will be expected to complete on-line assignments and activities equivalent to in class assignments and activities for the onl-ine portion of the course. Electronic communication, both synchronous and asynchronous (chat/forum) will be evaluated for participation and to maintain effective communication between instructor and students.

### Online Evaluation

A variety of methods will be used, such as: papers, assignments, asynchronous and synchronous (chat/forum) discussions, on-line quizzes and exams, posting to on-line website and email communications.

## **VII. Methods of Delivery**

Check those delivery methods for which, this course has been separately approved by the Curriculum/Academic Standards Committee.

**Traditional Classroom Delivery**  Correspondence Delivery

Hybrid Delivery

Online Delivery

### **Hybrid Delivery**

A combination of traditional classroom and on-line instruction will be utilized. Each semester a minimum of 17 hours will be taught face-to face by the instructor and the remaining hours will be instructed on-line through the technology platform adopted by the District. Traditional class instruction will consist of exercises/assignments, lectures, visual aids, and practice exercises. Online delivery will consist of exercises/assignments, lecture posts, discussions, adding extra resources and other media sources as appropriate.

### **Online Delivery**

Participation in on-line discussions. On-line exercises/assignments contained on website. Web based video vignettes with discussion paper, email communications, postings to forums, on-line lecture notes and web links will compromise the method of instruction.

## **VIII. Representative Texts and Supplies**

None

## **IX. Discipline/s Assignment**

Physical Education

## **X. Course Status**

Current Status: Active

Original Approval Date: 11/4/2003

Revised By: Carrie Nyman

Curriculum/Academic Standards Committee Revision Date: 05/05/2020

Reviewed for IPR with no change: 03/15/2022