

PED 120
WALKING FOR FITNESS

COURSE DESCRIPTION:

Prerequisites: None

Corequisites: None

This course introduces fitness through walking. Emphasis is on stretching, conditioning exercises, proper clothing, fluid needs, and injury prevention. Upon completion, students should be able to participate in a recreational walking program. *This course has been approved to satisfy the Comprehensive Articulation Agreement for transferability as a pre-major and/or elective course requirement.* Course Hours Per Week: Lab, 3. Semester Hours Credit, 1.

LEARNING OUTCOMES:

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

- a. Develop awareness on how to plan and implement an effective walking program;
- b. Increase cardiopulmonary endurance and flexibility through safe and effective walking and exercises;
- c. Learn about injury prevention, proper clothing, stretching, conditioning exercises, and fluid needs;
- d. Learn how the quality of life can be improved through participation in physical activities.

OUTLINE OF INSTRUCTION:

- I. Introductory lesson outline
 - A. Course objectives
 - B. Class procedures
 - C. Method of evaluation
- II. Fundamentals and instruction
 - A. Health benefits of a walking program
 - B. Designing a walking program
 - C. Proper walking and exercise techniques
 - 1) Stretching and flexibility
 - 2) Cardiorespiratory endurance
 - a. Proper walking pace
 - b. Conditioning exercises

- c. Safety and injury prevention
 - 1) Proper clothing and footwear
 - 2) Types of walking injuries and prevention
 - 3) Weather related precautions
 - 4) Fluid needs

III. Testing and evaluation

- A. Fitness evaluation
- B. Written evaluation

REQUIRED TEXTBOOKS AND MATERIALS:

None

STATEMENT FOR STUDENTS WITH DISABILITIES:

Students who require academic accommodations due to any physical, psychological, or learning disability are encouraged to request assistance from a disability services counselor within the first two weeks of class. Likewise, students who potentially require emergency medical attention due to any chronic health condition are encouraged to disclose this information to a disability services counselor within the first two weeks of class. Counselors can be contacted by calling 686-3652 or by visiting the Student Development Office in the Phail Wynn Jr. Student Services Center, room 1309.