Course Prefix and Number: PED 117
Credits: 1

Course Title: Fitness Walking

Course Description: Teaches content and skills needed to design, implement, and evaluate an individualized program of walking, based upon fitness level. Laboratory 2 hours per week.

General Course Purpose: This is a comprehensive walking course designed to facilitate fitness and develop awareness of safety, fitness, training principles, and nutrition guidelines. The course serves as a general education wellness elective.

Course Objectives:
Upon completing the course, the student will be able to
a. Explain how walking has a positive effect on a person’s self-esteem;
b. Describe the types of walking;
c. Demonstrate proper body positioning for walking;
d. Explain the appropriate components of a proper warm-up and cool-down;
e. List the cardiovascular benefits of walking;
f. Define each of the five components of physical fitness;
g. Define the principles of physical fitness and progress when connected with a walking program;
h. Explain the concept of target heart rate;
i. Properly check the pulse rate during walking in order to monitor the proper exercise intensity;
j. List the unique precautions to be taken when walking in cold and hot weather;
k. Describe the basic guidelines in proper selection of a good pair of walking shoes and other types of equipment utilized in walking programs;
l. Describe the process for realistic goal setting for gradual progress in a walking program; and
m. Develop and/or identify personal wellness goals using the SMART method.

Major Topics to Be Included:
a. SMART planning method
b. Walking as a fitness activity
c. Types of walking
d. Benefits of walking
e. Components of physical fitness (cardiovascular fitness, muscular strength, muscular endurance, flexibility, and body composition)
f. Principles (FITT - Frequency, Intensity, Time and Type; overload, and SAID-specific adaptations to imposed demands)
g. Equipment and safety
h. Components of health-related fitness
i. Cardiovascular guidelines for fitness walking
j. Body composition and weight management
k. Walking programs

Effective Date of Course Content Summary: August 14, 2015