

PHED 1140 - Walking for Fitness (Section R35)

2 Credit Hours

Course Description:

This course improves cardiovascular fitness without the possible risks associated with higher intensity exercise. The ROCKPORT FITNESS WALKING TEST will be used to design individualized walking programs based on existing levels of cardiovascular fitness.

Course Outcomes:

Upon completion of the course, you should be able to:

1. Properly check the pulse rate during walking in order to monitor the proper exercise intensity.
2. Explain the appropriate components of a proper warm up and cool down.
3. Demonstrate the Lateral Head Tilt, Posterior Shoulder Stretch, Lateral Shoulder Stretch, Side Stretch, Lower Back Stretch, Hip and Gluteal Stretch, Adductor Stretch, Hamstring Stretch, Calf Stretch, Achilles and Tibialis Stretch.
4. Explain the concept of ?Target Heart Rate.?
5. Interpret the results of the Rockport Fitness Walking Test.
6. Define the following terms relative to the meaning when connected with an exercise program frequency, intensity, and time.
7. Demonstrate the following walking techniques: proper stride, posture, and arm swing.
8. List the cardiovascular benefits of walking.
9. Describe the basic guidelines in proper selection of a good pair of walking shoes and other types of equipment utilized in walking programs.
10. Describe the purpose of a mileage log when it is utilized in a walking program.
11. Explain how walking has a positive effect on a person's self-esteem.
12. Define each of the following components of physical fitness: cardiovascular fitness, muscular strength, muscular endurance, flexibility and body composition.
13. Identify the types of stretching exercises, which may cause injury.
14. Describe the process for realistic goal setting for gradual progress in a walking program.
15. List and describe each of the following concepts of weight control: percent body fat, versus actual scale weight, caloric balance, and the caloric cost of walking.
16. List the unique precautions to be taken when walking in cold and hot weather.

17. Describe the types of walking.
18. Describe the characteristics of an appropriate walking route.
19. Describe the basic principles of good nutrition as it relates to fueling the body for regular walking sessions.

Prerequisites and Corequisites:

None

Course Topics:

1. Walking as a Fitness Activity
2. Types of Walking
3. Five components of Health Related fitness
4. Importance of a Healthy Lifestyle
5. Aging and Exercise
6. Benefits of Walking
7. Equipment and Safety
8. Guidelines to Improve Flexibility
9. Cardiovascular Guidelines for Fitness Walking
10. Muscular Strength and Endurance
11. Body Composition and Weight Management
12. Walking Programs
13. Teaching Fitness Walking

A suggested sequence of course topics, perhaps noting that students should complete certain core modules prior to moving to elective or more advanced modules.

Specific Course Requirements:

You must be knowledgeable in the use of the internet and related browsers, Microsoft Word for word processing, Adobe Acrobat Reader for viewing reading assignments, the online course dropbox for any extra credit opportunities, the quiz function for taking tests, and the discussion tool. It is your responsibility to ensure your service provider is capable of allowing adequate connections and connection time in order to complete and submit test and assignments and to participate in discussion boards.

Required Textbooks:

Please visit the [Virtual Bookstore](#) to obtain textbook information for this course. Move your cursor over the "Books" link in the navigation bar and select "Textbooks & Course Materials." Select your Program, Term, Department, and Course; then select "Submit."

Supplementary Materials:

The instructor may assign or you may research supplementary reference and learning materials.

Hardware and Software Requirements:

Minimum hardware requirements can be found [here](#).

Minimum software requirements can be found [here](#).

Common applications you might need:

To read a PDF file download the latest version of [Adobe Reader here](#)

Don't have Microsoft Word? Explore an alternative [OpenOffice here](#)

Accessing a PowerPoint file? Download the [PowerPoint Viewer here](#)

Web Resources:

Purdue [OWL Online Writing Lab](#) (for APA, MLA, or Chicago style)

The Writing Center [Online Writer's Handbook](#)

Student Resources:

- Technical support information can be found on the [TN eCampus Help Desk](#) page.
- Smarthinking virtual tutoring is available **FREE** of charge. to access Smarthinking, visit the course homepage and select Smarthinking under Course Resources. You also view [sample sessions](#) to see what Smarthinking offers and how it works.
- Information on other student issues or concerns can be located on the [TN eCampus Student Resources](#) page.

Instructor Information:

Please see "Instructor Information" in the Getting Started Module for instructor contact information, virtual office hours, and other communication information. You can expect to receive a response from the instructor within 24-48 hours unless notified of extenuating circumstances.

Testing Procedures:

Getting Started: In order to get started in the course, you will be required to complete several introductory tasks within the first week of the course. First, you must complete the form Determining Readiness for Fitness Walking and put it in the dropbox. Second, you will need to read the Course Syllabus thoroughly. When reading the syllabus, you should take notes about

any questions, issues or concerns you might have and email them via the online course to the instructor for clarification. Afterwards, you must send the instructor a note to the dropbox that you have read and understand all of the course requirements. Points will be given for these two assignments.

Test: You will be required to complete three tests through the assessment/quiz tool. Tests will be available for a one week period—if you fail to take the test during this period, you will receive a score of 0. In order to take tests, you will go to Assessments and click on the name of the test. Tests will include a combination of objective question such as multiple choice and true/false. Test questions will require you to evaluate information from your textbook. You will complete a Pre Test Summary Sheet during the first week of the semester submitted to the dropbox and a Post Test Summary Sheet during the last week of the semester also submitted to the dropbox. You will keep a Walking Log of your time, distance and heart rate for each day of your walk. The Walking Log will be due at the end of the semester and sent through the dropbox to the instructor.

Grading Procedures:

Comprehending and understanding the value of walking as a means of maintaining and /or increasing one's level of cardiovascular fitness and its contribution to the development weight control, cholesterol control, bone density self-esteem, overall well-being, and the pursuit of lifetime fitness.

Points

Determining Readiness for Fitness 5

Letter of Agreement 5

Pre Assessment Summary Sheet 10

Test #1 10

First Walking for Fitness Daily Log 5

Test #2 10

Second Walking for Fitness Daily Log 5

Test #3 10

Post Assessment Summary Sheet 10

Final Walking for Fitness Daily Log (60 + miles) 30

Total Points: 100

Miles walked:

60 + miles 30 points

50 – 59 miles 25 points

40 – 49 miles 20 points

30 – 39 miles 15 points

Daily workout log: A daily record of time, distance, and heart rate must be kept.

Students may participate in walk-a-thons, such as the American Heart Walk, March of Dimes, and etc.

Final grades are based on cumulative point totals.

Grading Scale:

A	90-100
B	80-89
C	70-79
D	65-69
F	64 and below

The grading scale should emphasize assignments, projects, and student participation in the learning community as well as timed quizzes and periodic examinations.

Assignments and Projects:

Module 1 Week 1

A. Getting Started You will need these documents for this class. You can click the link for each document and save it to your computer

1. You must complete this first: Determining Readiness for Fitness, Click the link and save this to your computer then fill it out, save it again and send to your instructor through the Dropbox.
2. Make sure you read the course syllabus and understand what is expected of you in this class. PHED 1140 Syllabus
3. Complete the Letter of Agreement, Click the link and save this to your computer then fill it out, save it again and send to your instructor through the dropbox.
4. Download the Walking for Fitness Daily Log, Click the link and save this file to your computer. Record your workout daily. Send a copy of your log to your instructor through the dropbox during week 4, 8, & 14

B. Work to do this week

1. Make sure you have completed the items listed in Getting Started.
2. Equipment: Shoes, Socks, Clothing, timing device (textbook pages 25-29)
3. Complete Pre-Test Summary Sheet. Click the Link, save the file to your computer. Fill the summary sheet out, save it again and send to your instructor through the Dropbox.
 - Tips on filling out the Pre-Test Summary Sheet:
 - a. Calculate your Resting Heart Rate, check your pulse for one minute
 - b. Calculate Target Heart Rate Range (textbook pages, 57, 133)
 - c. Calculate Body Composition: Home Body Fat Test (up link)
 - d. Hydration (Optional)
 - e. Rockport Walking For Fitness Test (textbook page 65)
4. Start your walking program. You must walk at least 3-5 days a week. Record workout in your Walking for Fitness Daily Log.
5. Monitoring Heart Rate (textbook page 60)
6. Review and practice Stretching Exercises (textbook pages 44-49).
7. Review and practice Techniques of Walking (textbook pages 61-63).
8. Reading assignment: (textbook) Chapter 1 ?Walking as a Fitness Activity ?
9. Discussion Board – Introduce yourself and state why you are taking this course

Week 2

A. Work to do this week

1. Continue your walking program. Record your workout in your Walking for Fitness Log.
2. You may walk on your treadmill, elliptical and etc.
3. Reading assignment: (textbook) Chapter 2 ?Benefits of Walking ?
4. Discussion Board – Finding your Target Heart Rate Range

Week 3

A. Work to do this week

1. Continue your walking program. Record your workout in your Walking for Fitness Daily Log.
2. Are you walking in your Target Heart Rate Zone? After 8-10 minutes into your walk, stop and check your pulse for 6 seconds X 10. (Quick Check)
3. Reading assignment: (textbook) Chapter 3 ?Equipment and Safety ?
4. Discussion Board – Rockport Walking for Fitness Test

Module 2 Week 4

A. Work to do this week

1. Test: Part 1: An Introduction to Fitness Walking
2. Send a copy of your Walking for Fitness Daily Log to your instructor through the Dropbox.
3. Continue your walking program. Record your workout in your Walking for Fitness Daily Log.
4. Reading assignment: (textbook) Chapter 4: ?Guidelines to Improve Flexibility ?
5. Continue to monitor your time, distance and heart rate
6. Discussion Board – Walking as a Fitness Activity

Week 5

A. Work to do this week

1. Continue your walking program. Record workout in your Walking for Fitness Daily Log.
2. Reading assignment: (textbook) Chapter 5: ?Cardiovascular Guidelines for Fitness Walking ?

3. Your Walking for Fitness Daily Log will record total miles for each week.
4. Discussion Board – Benefits of Walking

Week 6

A. Work to do this week

1. Continue your walking program. Record workout in your Walking for Fitness Daily Log.
2. Reading assignment: (textbook) Chapter 6: "Muscular Strength and Endurance"
3. Discussion Board – Equipment and Safety

Module 3 Week 7

A. Work to do this week

1. Continue your walking program. Record workout in your Walking for Fitness Daily Log.
2. Reading assignment: (textbook) Chapter 7: "Body Composition and Weight Management", uplink MyPyramid.Gov
3. Discussion Board – Guidelines to Improve Flexibility

Week 8

A. Work to do this week

1. Test: Part Two: Walking and the Five Components of Physical Fitness
2. Send a copy of your Walking for Fitness Daily Log to your instructor through the Dropbox.
3. Continue your walking program. Record workout in your Walking for Fitness Daily Log.
4. Reading assignment: (textbook) Chapter 8: "Walking Programs"
5. Discussion Board – Cardiovascular Guidelines for Fitness Walking

Week 9

A. Work to do this week

1. Continue your walking program. Record workout in your Walking for Fitness Daily Log.
2. Reading assignment: (textbook) Chapter 9: "Teaching Fitness Walking"
3. Discussion Board – Body Composition and Weight Management

Module 4 Week 10

A. Work to do this week

1. Test: Part Three: Implementing Fitness Walking Concepts
2. Continue your walking program. Record workout in your Walking for Fitness Daily Log
3. Discussion Board – Teaching Fitness Walking

Week 11

A. Work to do this week

1. Continue your walking program. Record workout in your Walking for Fitness Daily Log.
2. Discussion Board – Walking Programs

Week 12

A. Work to do this week

1. Continue your walking program. Record workout in your Walking for Fitness Daily Log.
2. Discussion Board – Muscular Strength and Endurance

Module 5 Week 13

A. Work to do this week

1. Continue your walking program. Record workout in your Walking for Fitness Daily Log.
2. Discussion Board – Your personal experiences from taking this course

Week 14

A. Work to do this week

1. Continue your walking program. Record workout in your Walking for Fitness Daily Log.
2. Your Walking for Fitness Daily Log will record your total miles for the semester.
3. Complete your Walking for Fitness Daily Log and send to your instructor through the dropbox.
4. Complete your Post-Testing Summary Sheet and send to your instructor through the

dropbox.

5. Final total Walking for Fitness Daily Log and Post Testing Summary Sheets are due this week.

Class Participation:

Instruction in this course will be conducted in an independent manner. You are responsible for any readings, audios/videos, tests, discussions, written assignments, papers, or other materials as assigned by the instructor. Timely submission of required work is essential for success in this course. You, not the instructor, are responsible for ensuring that work is submitted on the assigned dates and that regular communication with the instructor is accomplished. Due to the independent nature of this course, you must be responsible for checking course announcements frequently and for requesting help when you need it. Thus, you are encouraged to contact the instructor as often as needed via email, telephone, or any other manner deemed appropriate by the instructor.

Late Policy:

TESTS: You must complete and submit tests by the due dates as established by the instructor.

Submission of tests past the due date will not be accepted under any circumstances and a grade of 0 will be assessed for the test.

Course Ground Rules:

The following two statements (1., 2.) were derived from the TBR System-wide Student Rules document, released January 2012:

RULES OF THE TENNESSEE BOARD OF REGENTS STATE UNIVERSITY AND
COMMUNITY COLLEGE SYSTEM OF TENNESSEE SYSTEMWIDE STUDENT RULES
CHAPTER 0240-02-03 STUDENT CONDUCT AND DISCIPLINARY SANCTIONS

[Read the document in its entirety here.](#)

1. Standards of Conduct:

- Students are required to adhere to the same professional, legal and ethical standards of conduct online as on campus. In addition, students should conform to generally accepted standards of "netiquette" while sending e-mail, posting comments to the discussion board, and while participating in other means of communicating online. Specifically, students should refrain from inappropriate and/or offensive language, comments and actions.

2. [Review the TN eCampus Academic Integrity/Academic Honesty Policy:](#)

- In their academic activities, students are expected to maintain high standards of honesty and integrity. Academic dishonesty is prohibited.

Such conduct includes, but is not limited to:

- an attempt by one or more students to use unauthorized information in the taking of an exam
- to submit as one's own work, themes, reports, drawings, laboratory notes, computer programs, or other products prepared by another person,
- or to knowingly assist another student in obtaining or using unauthorized materials.

Plagiarism, cheating, and other forms of academic dishonesty are prohibited.

Students guilty of academic misconduct, either directly or indirectly through participation or

assistance, are subject to disciplinary action through the regular procedures of the student's home institution. Refer to the student handbook provided by your home institution to review the student conduct policy.

In addition to other possible disciplinary sanctions that may be imposed, the instructor has the authority to assign an "F" or zero for an activity or to assign an "F" for the course.

Other Course Rules:

Students are expected to:

- Participate in all aspects of the course
- Communicate with other students
- Learn how to navigate in Brightspace
- Keep abreast of course announcements
- Use the assigned course management (Brightspace) email address rather than a personal email address
- Address technical problems immediately:
 - [Contact Technical Support](#)
 - [View Term Calendar here](#)
- Observe course netiquette at all times.

Guidelines for Communications:

Email:

- Always include a subject line.
- Remember without facial expressions some comments may be taken the wrong way. Be careful in wording your emails. Use of emoticons might be helpful in some cases.
- Use standard fonts.
- Do not send large attachments without permission.
- Special formatting such as centering, audio messages, tables, html, etc. should be avoided unless necessary to complete an assignment or other communication.
- Respect the privacy of other class members

Discussions:

- Review the discussion threads thoroughly before entering the discussion. Be a lurker then a discussant.
- Try to maintain threads by using the "Reply" button rather starting a new topic.
- Do not make insulting or inflammatory statements to other members of the discussion group. Be respectful of other's ideas.

- Be patient and read the comments of other group members thoroughly before entering your remarks.
- Be cooperative with group leaders in completing assigned tasks.
- Be positive and constructive in group discussions.
- Respond in a thoughtful and timely manner.

Library:

The [Tennessee Virtual Library](#) is available to all students enrolled in TN eCampus programs and courses. Links to library materials (such as electronic journals, databases, interlibrary loans, digital reserves, dictionaries, encyclopedias, maps, and librarian support) and Internet resources needed by learners to complete online assignments and as background reading will be included within the course modules. To access the Virtual Library, go to the course homepage and select the ***Virtual Library*** link under Course Resources.

Students with Disabilities:

Qualified students with disabilities will be provided reasonable and necessary academic accommodations if determined eligible by the appropriate disability services staff at their home institution. Prior to granting disability accommodations in this course, the instructor must receive written verification of a student's eligibility for specific accommodations from the disability services staff at the home institution. It is the student's responsibility to initiate contact with their home institution's disability services staff and to follow the established procedures for having the accommodation notice sent to the instructor.

Syllabus Changes:

The instructor reserves the right to make changes as necessary to this syllabus. If changes are necessitated during the term of the course, the instructor will immediately notify students of such changes both by individual email communication and posting both notification and nature of change(s) on the course bulletin board.

Disclaimer

The information contained in this syllabus is for general information purposes only. While we endeavor to keep this information up-to-date and accurate, there may be some discrepancies

between this syllabus and the one found in your online course. The syllabus of record is the one found in your online course. Please make sure you read the syllabus in your course at the beginning of the semester. Questions regarding course content should be directed to your instructor.