

PE344O/ Walking Fitness Syllabus

Course Title----- Walking Fitness
Course Number----- PE344O
Grades:----- 09-12
High School Credit Value:----- 0.5
Prerequisites:----- PED301 - Fitness Fundamentals 1, is
strongly recommended.

Course Length:----- Regular courses: 17 weeks
CR: 9-17 weeks.

Course Time:----- Regular courses: 17 week schedule: 75 - 90
minutes per school day (6-7.5 hours per
week)
Credit Retrieval: 75 - 90 minutes per
school day (6-7.5 hours per week) until
course completion.

{ Course Description }

This course helps students establish a regular walking program for health and fitness. Walking is appropriate for students of all fitness levels and is a great way to maintain a moderately active lifestyle. In addition to reviewing fundamental principles of fitness, students learn about goals and motivation, levels of training, walking mechanics, safety and injury prevention, appropriate attire, walking in the elements, good nutrition and hydration, and effective cross-training. Students take a pre- and post fitness assessment. Throughout this course students also participate in a weekly fitness program involving walking, as well as elements of resistance training and flexibility.

- Fitness Fundamentals I is a recommended prerequisite for this course.

Course Materials:

State Alignments

Washington State Standards guided the design of the course. Learning expectations are found within the course itself.

2013 Washington State Power Standards

PS 1 Demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.

PS 2 Demonstrate understanding of movement concepts, principles/rules and strategies as they apply to the learning and performance of physical activities.

PS 3 Participate regularly in physical activity.

PS 4 Meets the age and gender specific health related fitness standards on the five health related fitness components (Cardiorespiratory Endurance, Muscular Strength, Muscular Endurance, Flexibility, and Composition) as defined by national guidelines.

PS 5 Exhibits responsible personal and social behavior that respects self and others safely.

PS 6 Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

PS 7 Analyzes the progress of their personal health and fitness program, utilizing the five health related fitness components, to set personal goals.

PS 8 Acquires the knowledge necessary to maintain an active life.

Course Outline

Unit 1: Getting Started

1.1 Fitness Assessment & Analysis

1.2 Motivation & Goal Setting

1.3 Getting Started

1.4 Training Plan

Unit 2: Walking Mechanics

2.1 Warm Up & Cool Down

2.2 Walking Technique

2.3 Principles & Training Zones

Unit 3: Safety & Equipment

3.1 Rules & Safety

3.2 Walking in the Elements

3.3 Walking Shoes & Equipment

Unit 4: The Walking Scene

4.1 Benefits of Walking

4.2 Speed Training & Race Walking

Unit 5: Overall Wellness

5.1 Diet & Exercise

5.2 Cross Training

Unit 6: Post Assessment

6.1 Post Assessment

Course Work

Within each section you will find the following tasks to view or complete:

1. Game Plan-an outline of tasks for that section
2. Lesson-multimedia online lesson(s) about the section topic
3. Sprint-links to other online sites with additional fitness information
4. Team Huddle*-class discussion on an assigned topic
5. Assignment*-section assignment
6. Quiz*-an assessment of your comprehension of the lesson content
7. Walking Log*-a record of your workout sessions for each week

* Grades are based on Team Huddle (5pts), Assignment (20pts), Quiz (20pts), Fitness Log (45pts).

Students will be allowed to retake quizzes, assignments and fitness logs upon request.

Grading

Assignments and Grading:

Each section of this course is designed to be completed in about one week's time. Please see the detailed schedule for more information on points possible and due dates.

*Only 12 Walking Logs are required throughout the semester. Optional days to submit a weekly log are included for make-up (in case of missed weeks) or extra credit.

**Parent verification of the Weekly Walking Logs is required every four weeks. You will not receive additional points for the parent verification. However, you will LOSE points for your Walking Logs if the parent verification is not submitted.

Occupational Credit:

This course may qualify for *occupational credit. Please consult your school counselor for further clarification.

*Please note that FLA901 (Sign Language) does not qualify for occupational credit.