

PE - 2A - Walking for Fitness

2 - Course Review Proposal

Course Review Proposal

Proposer: Le Valley Pattison

- Select all that apply***
- No Changes
 - Reactivation
 - Course Acronym
 - Course Number
 - Descriptive Title
 - Discipline
 - Catalog Description
 - Conditions of Enrollment (Prerequisites, Corequisites, and Recommended Preparation)
 - Lecture/Lab Hours
 - Outside Study Hours
 - Units
 - Grading Method
 - Credit Status
 - A.A./A.S. General Education Requirement
 - Transfer Status (CSUGE, IGETC)
 - Course Objectives
 - Major Topics
 - Primary Methods of Evaluation
 - Instructional Methods
 - Work Outside of Class
 - Texts and Materials
 - Distance Education Delivery: Add Online Version (Complete the addendum)
 - Distance Education Delivery: Add Hybrid Version (Complete the addendum)

Justification for Course Modifications: Course was reviewed on 2/28/2025. No changes at this time.

Le Valley Pattison

COURSE OUTLINE OF RECORD

Descriptive Title:* Walking for Fitness

Division:* Health Sciences and Athletics

Department:* Kinesiology/Phys Ed/First Aid/CH/Med Term

Course Disciplines: Physical Education

Catalog Description:* This course is designed to provide students with a foundation of aerobic fitness through walking. Students will progress from shorter duration, lower intensity walks to exercise sessions that include longer duration. Conditioning programs will emphasize development of endurance, progressive increases in caloric expenditure, and improvements in body composition. Strategies for the prevention of injuries will be addressed. Successful completion of the course will result in improved aerobic fitness, increased caloric expenditure, and the ability to construct effective walking programs for continued benefit.

Prerequisite:

Co-requisite:

Recommended Preparation:

Enrollment Limitation:

Hours Lecture (per week):* 0

Hours Laboratory (per week):* 3

Outside Study Hours:* 0

Total Course Hours:* 54

Course Units:* 1

Grading Method:* Letter Grade only

Credit Status:* Credit, degree applicable

Transfer CSU: Yes

Effective Date: Fall 1995

Transfer UC: Yes

Effective Date: Fall 1995

General Education:

Term:

Other:

CSU GE: Area E - Lifelong Understanding and Self-Development

Term:

Other:

IGETC:

Term:

Other:

Student Learning Outcomes:

SLO #1 Improved Fitness

Students will demonstrate improvement in their Physical Fitness through an individualized fitness walking program.

SLO #2 Exercise Heart Rates

Students will utilize exercise training heart rates to monitor exercise intensity.

SLO #3 Stretching

Students will demonstrate and explain the value of static stretching exercises.

Course Objectives:

1. Identify general components of normal walking gait.
2. Understand the benefits of warm-up and stretching before, during, and/or after a walking workout.
3. Correlate common walking injuries with improper footwear, technique, and training principles.
4. Explain the expected changes in heart rate, blood pressure, and respiration at rest and during fixed intensity.
5. Assess changes in resting, training, and recovery heart rates as they relate to the aerobic conditioning process.

Major Topics: I. Course Orientation (3 hours, lab)

1. Fitness assessments
2. Individual fitness goals
3. Determining training heart rate and intensity target zones with rating of perceived exertion (RPE)
4. Record Keeping - Journal

II. Biomechanics of normal walking gait 2 hours, lab)

III. Common injuries associated with walking and their prevention (2 hours, lab)

IV. Calculating caloric expenditure from walking speed and duration (2 hours, lab)

V. Warm-up, cool down, and stretching (9 hours, lab)

VI. Aerobic Fitness through Walking (36 hours, lab)

1. Principles of conditioning and assessment
2. Longer low-intensity walking
3. Training adaptations for special populations

Total Lecture Hours: 0

Total Laboratory Hours: 54

Total Hours: 54

Primary Method of Evaluation: 3) Skills demonstration

Typical Assignment Using Primary Method of Evaluation: Demonstrate proper body mechanics and proper gait speed during fitness walking to ensure maximum caloric expenditure with minimal risk of musculoskeletal injury.

Critical Thinking Assignment 1: Demonstrate proper body mechanics and proper gait speed during fitness walking to ensure maximum caloric expenditure with minimal risk of musculoskeletal injury.

Critical Thinking Assignment 2: Document in your journal exercise heart rates and rating of perceived exertion (RPE) scores during timed walking activities. Analyze the results relative to fitness and identify any environmental or other circumstances that increased exercise heart rates and/or RPE scores when training at similar intensity levels. Submit your journal and discuss your findings with instructor.

Other Evaluation Methods: Class Performance, Journal kept throughout course, Objective Exam

Instructional Methods: Demonstration, Discussion, Lab

If other: Alternative class sites

Work Outside of Class:* Course is lab only - minimum required hours satisfied by scheduled lab time

If Other:

Up-To-Date Representative Texts:

Alternative Texts:

Required Supplementary Readings:

Other Required Materials:

Requisite:

Category:

Requisite and Matching skill(s): **Bold the requisite skill.**
List the corresponding course objective under each skill(s).

Requisite Skill:

Requisite Skill and Matching Skill(s): **Bold the requisite skill(s).** If applicable

Requisite course:

Requisite and Matching skill(s): **Bold the requisite skill.**
List the corresponding course objective under each skill(s).

Requisite Skill:

Requisite Skill and Matching skill(s):
Bold the requisite skill. List the corresponding course objective under each skill(s). If applicable

Enrollment Limitations and Category:

Enrollment Limitations Impact:

Course Created by: Gene Engle and Mark Lipe

Date: 09/01/1994

Original Board Approval Date: 12/12/1994

Last Reviewed and/or Revised by:* Le Valley Pattison

Date:* 09/05/2024

Last Board Approval Date: 06/26/2025

