Course Title: Walking for Fitness

Course #: 1940

Course Description: Fitness walking is the safest and most natural activity for health and fitness. The purpose of this class is to assist the student in the improvement of their cardiovascular fitness through walking. The course introduces a self-paced walking program as a lifelong fitness activity that maintains and enhances physical fitness and well-being. The course will provide basic information and tools needed to understand, organize, plan, and implement a physical fitness program that features walking as the primary activity. Emphasis is placed on developing an individual level of walking performance. Practical applications of principles of exercise and the components of an effective cardiovascular workout are used in achieving fitness through a walking program.

UC/CSU Approval: Not UC approved

Grade Level: 9-12

Estimated Homework Per Week: 0-1 hours per week

Prerequisite: None

Recommended Prerequisite Skills: None

Course Grading:
Students receive 4 points daily based on the following standards:

4 Points:
● Engaged in designed workout throughout entire period. (All drills completed)
● Works with optimum efficiency to obtain peak physical conditioning.
● Demonstrates proper technique at all times.
● Demonstrates proper safety at all times.

3 Points:
● Engaged in designed workout throughout most of the class period. (3/4’s of drills completed)
● Works with above average efficiency to obtain peak physical conditioning.
● Demonstrates proper technique a majority of the lifts.
● Demonstrates proper safety a majority of the time.
2 Points:
● Sporadically engaged in designed workout during the class period. (1/2 of drills completed)
● Works with below average efficiency to obtain peak physical conditioning.
● Demonstrates proper technique rarely.
● Demonstrates proper safety rarely

1 Point:
● Rarely engaged in designed workout during the class period. (1/4 drill completed)
● Works with poor efficiency to obtain peak physical conditioning.
● Demonstrates proper technique hardly ever.
● Demonstrates proper safety hardly ever.

By completing activities and assigned reading, students will be able to demonstrate through class activities/assignments:
● Knowledge of fundamental skills, technique, related to walking.
● Proficiency in execution of the skills covered.
● Develop an appreciation for wellness through daily walking regimen.
● Demonstrate and assess current levels of physical fitness and use their current level to develop a walking program.
● Develop flexibility and cardiovascular endurance.
● Demonstrate basic knowledge of nutrition.
● Apply personal fitness practice to class efforts daily.
● Demonstrate knowledge of the benefits of following healthy lifestyle choices.
● Demonstrate the ability to use heart rate and target zone to determine physical fitness levels and exertion during exercise.
● Demonstrate the ability to use pedometers and heart rate monitors to measure exercise progress.

Major Assessments/Units/Topics:
1. Goal Setting: Students learn to set SMART goals and complete individual goals for the semester.
2. Gross Muscle Anatomy: Students will identify major muscles involved with exercise.
3. Exercise and Muscle Identification: Students will understand exercise terminology and be able to identify which muscles are utilized with essential movements.
4. Nutrition for Students: Students will explore basic exercise nutrition as it relates to class movements
5. Fitness: FITT
   a. Frequency: (how often)
   b. Intensity: Full-range of motion/point of mild discomfort (flexibility) (muscular strength and muscular endurance). Hold pose for 3 seconds (balance)
   c. Time: 30-60 minutes per class
   d. Type: Muscular strength, muscular endurance, flexibility, and balance