

NorthWest Arkansas Community College
Physical Education

PEAC 1391 FITNESS WALKING

Catalog description:

This is an introductory activity course in vigorous walking for cardiovascular development and improvement.

Prerequisite:

None

Credit hours/contact hours/load hours:

1/1/1

Target Audience & Transfer:

Designed for students seeking an Associate of Arts degree and as one of the two-hour requirement options in various programs. This class may transfer to the University of Arkansas as a physical education activity elective in some colleges. The student may need to petition.

General Course Outcomes:

Students completing this course will be able to:

1. Demonstrate physical fitness thorough walking.
2. Determine effects of walking by pre- and post-exercise testing.
3. Adopt a lifetime fitness activity.
4. Identify proper walking shoes/clothing.
5. Learn prevention and treatment for common injuries.
6. Know and understand the relationship between fitness and health.

Required Text:

None

Topics:

1. Introduction and discussion of course requirements.
2. Discussion of proper shoes/clothing.
3. Instruction on proper form:
 - a. arm swings
 - b. foot falls
 - c. total body posture during walking
4. Instruction on Pacing.
5. Routes – Distances – Surfaces – Injury Prevention – Safety
6. Instruction on heart rate – Training principles
7. Diet and Nutrition

8. Outside assignment

Interview a “mall-walker” to determine effects of sedentary lifestyle.

9. Instruction on keeping a log

10. Students will walk during each class period.

Required Methods of Instruction:

Individual instructors may design the course in any number of ways, keeping the course objectives in mind. This is an activity class and the main objective is to encourage an active lifestyle, therefore, the instructor should participate, motivate, and make the class upbeat and fun. The main body of the class will consist of actual walking for exercise. This will be timed, measured, and logged.

Required Form of Assessment:

This activity course is designed to motivate students to exercise, therefore, attendance and participation will be the main focus of assessment. However, there will be a written final exam covering topics discussed in class and essay questions will be included in order to allow students to think critically and express themselves fully.