I. COURSE DESCRIPTION:

A. The purpose of this course is to learn proper form for walking and to stimulate the cardiovascular system for a period of time long enough to produce beneficial changes in the body. Introduction to basic resistance and core exercise.

B. This course meets curriculum requirements for the Central Texas College programs for an Associate Degree and the transferability of courses to other institutions.

II. LEARNING OUTCOMES:

Upon successful completion of this course, the student will be able to:

A. Increase the maximum amount of oxygen that the body can process during a given amount of time.

B. Explain the importance of exercise and cardiovascular fitness.

C. Demonstrate a positive attitude concerning exercise as a part of good health.

D. Walk properly and design a personal program of walking.

III. INSTRUCTIONAL MATERIALS:

The instructional materials identified for this course are viewable through

www.ctcd.edu/books

References: Handouts from instructor

IV. REQUIREMENTS FOR THE CLASS ARE AS FOLLOWS:

1. Attend class regularly
2. Be on time
3. Suit out in proper dress

Pass written examinations
4. Participate in class activities

GRADE COMPUTATION

<table>
<thead>
<tr>
<th>Component</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Participation</td>
<td>50%</td>
</tr>
<tr>
<td>Skill Evaluation</td>
<td>25%</td>
</tr>
<tr>
<td>Written Examinations</td>
<td>25%</td>
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</tbody>
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*Participation grade will include suit ing out in proper attire, positive contributions to class and team efforts, promptness in beginning activities, constant and maximum effort toward activity objectives, and demonstration of good sportsmanship.

- **There will be no make-up classes.**

The student will be required to provide a documented excuse when missing either written exams or skills tests. It will be his/her responsibility to arrange with the instructor the missed exam. Students who fail to make such arrangements immediately upon their return to class will not be allowed to take the test.

ATTENDANCE PROCEDURES:

A. It is the student’s responsibility to sign the attendance sheet before the beginning of each class. Students arriving 5 minutes after class has started will be counted tardy. Students arriving 15 minutes after class has started will be counted absent. Failure to be in class and ready to participate at the beginning of class will also result in a tardy or an absent as rules apply. Students who leave class early without consulting the instructor will also be counted absent. Absences begin with the first day of class.

B. Students who exceed a total of four (4) absences will need to withdraw from this course or they will automatically receive a grade of “F” for this course.

C. Students will have two (2) points deducted from their final grade for each tardy received. CLASS ATTIRE:
Court shoes or athletic shoes and Athletic/Fitness Attire are accepted uniform for physical education activity classes. For cold weather outside activities, sweat shirts and pants are acceptable. Because of the special nature of the class, the instructor may make exceptions to the dress policy. Students will not be allowed to attend class unless properly suited out. Students may not participate in street clothes or street shoes, (ie...jeans, sweaters, shirts, boat shoes, etc....) Students may not wear tank tops or midriff type t-shirts.

MEDICAL:

A. Students who have a health problem should obtain a document from a physician explaining the problem and an approval for participation in the activity in which the student is involved. A current physical exam is recommended.

B. Disability Support Services provide services to students who have appropriate documentation of a disability. Students requiring accommodations for class are responsible for contacting the Office of Disability Support Services (DSS) located on the central campus. This service is available to all students, regardless of location. Explore the website at www.ctcd.edu/disability-support for further information. Reasonable accommodations will be given in accordance with the federal and state laws through the DSS office.

C. COURSE OUTLINE:

a. Objectives: Upon successful completion of this unit the student will be able to:

1. Design a walking program to fit personal ability and needs
2. Discuss the importance of warm-up, proper walking style, and cool down
3. Evaluate personal fitness level and methods of measuring its level

b. Learning Activities:

1. Classroom lecture/discussion
2. Demonstration on the techniques of walking
3. Reading assignments and handouts
4. Knowledge tests

c. Equipment and Materials:

1. Proper personal shoes and uniform
2. Stop watches and pedometers
d. Course Outline:

1. Pretest
2. Introduction of exercises and weights
3. Progressive increase in distance and time of walk
4. Test knowledge and performance