

**NAVARRO COLLEGE/GLOBAL HIGH  
KINE 1146/1147 FITNESS WALKING I/II  
Course Syllabus  
2014-2015  
Matt Coker, Instructor**

**CONTACT INFORMATION**

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Rooms: Auditorium AND Gym

**COURSE DESCRIPTION**

This course is designed to develop cardiovascular endurance and leads to development of an individual fitness program. One hour credit.

**INSTRUCTIONAL MATERIALS**

Fitness Walking by Therese Iknolan. (Second edition)

**SUPPLIES NEEDED FOR COURSE**

PEN, PENCIL, NOTEBOOK PAPER

**STUDENT LEARNING OUTCOMES**

- A. Demonstrate an understanding of fitness and wellness concepts as they relate to individual lifestyles.
- B. Develop a fundamental life style change.

Tasks:

- C. Participate in activities to improve health-related fitness.
- D. Identify and define wellness concepts of health-related fitness.
- E. Set goals to improve personal fitness levels.
  - a. Develop competency in fundamental of walking.
  - b. Develop a routine of exercise through walking.
  - c. Make walking a lifetime sport.

**EVALUATION OF LEARNING OUTCOMES**

- A. In order to be successful in this course, the student must possess college level skills in both reading and writing. If the student is in doubt about his/her skill level, see the instructor or counselor. Student evaluation and assessment is based on learning outcomes. Measurement devices used to determine learning outcomes may include:
  - 1. Oral reports and presentations
  - 2. Written quizzes and tests
  - 3. Fitness tests
  - 4. Written class work, maintaining individual fitness and diet journals, and outside class work or homework
  - 5. Projects - prepared by the individual student and/or the group to which he/she is assigned

**AS YOU CAN SEE, YES ACADEMIC WRITING WILL BE AN EXPECTATION FOR STUDENTS TO COMPLETE IN THIS COURSE. THIS COURSE WILL COMBINE PHYSICAL ACTIVITY AND CLASS ROOM WORK.**

### **GRADING CRITERIA**

- 60% Major Tests and Projects
- 20% Fitness/Diet Logs, Quizzes, and Homework
- 20% Student Participation and Completion of timed miles

### **ATTENDANCE POLICY**

Student attendance at every class is expected. An unexcused absence will adversely affect your grade. Documented sponsored activities and physician visits for illness will be excused. Students with more than 6 unexcused absences for classes could be dropped from the college credit portion of the course.

Special Notes:

\*\*\*\*\*According to current Texas law, dropping a course may have serious consequences. Under most circumstances, a maximum of 6 courses may be dropped throughout the entire undergraduate degree program. Before you decide to withdraw from this or any other course, make sure you understand the consequences. For more information see the Office of the Registrar.

### **STUDENT PARTICIPATION AND DRESSING OUT**

Students are expected to participate in the class. A percentage of your grade depends on your participation in the course. Students need to bring medical documentation that they cannot participate in class activities. This is a P.E. course, so physical activity is expected, so that students get the most out of this course.

To ensure that students can fully execute the physical requirements of this course, **students need to wear proper workout clothing and shoes during each class.**

Clothing and shoes should be comfortable and will give the student full range of motion in the physical activities we participate in. During P.E., students are allowed to wear wind pants and shorts. Shorts should be a proper length and could pass the school dress code policy.

### **CLASSROOM POLICIES:**

**A. Electronic Devices in Classrooms:** Navarro College believes that the dynamics occurring in the classroom should primarily enhance the instruction process. The classroom is a learning laboratory, which must be free from interruption or interference. As a result, all electronic devices capable of generating noise such as cellular phones, computers, tablets, pagers, palm pilots, etc., are considered a distraction to the learning process and will be turned off prior to entering the classroom. Such devices will also be kept out of sight and not accessed during the class period, unless the instructor gives you permission to use them. Improper use of electronic devices will result in loss of privileges.

**B. Food And Beverages in Classrooms:** In order to assist in keeping facilities clean, no food of any type is allowed in class. If you must carry food with you to be consumed elsewhere, the food must be in a backpack or a closed bag and out of view.

Only water is allowed in class to drink, but make sure that it has a lid on it.

**C. Disruptive Classroom Behavior Policy:** Navarro College and Global High seeks to promote a teaching and learning environment free from material and substantial classroom disruptions. Faculty members have the authority and responsibility to effectively manage their classroom environments. Instructors may determine the time and manner for student questions and expression of points of view in the instructional setting. Accordingly instructors should establish, communicate and enforce reasonable rules of classroom behavior and decorum via the syllabus and classroom discussion. This policy is not intended to discourage appropriate classroom expression, discussion or disagreement, but to promote respectful interactions.

Disruptive behavior is prohibited. "Disruptive behavior" means conduct that materially or substantially interferes with or obstructs the teaching or learning process in the context of a classroom or educational setting. Disruptive behavior includes conduct that distracts or intimidates others in a manner that interferes with instructional activities, fails to adhere to an instructor's appropriate classroom rules or instructions, or interferes with the normal operation of the College.

**D. Academic dishonesty:** Students are expected to do their own work at all times. Any student guilty of dishonesty in academic work is subject to disciplinary action as provided by the student code of conduct at Navarro College AND may receive a failing grade in the course. Other penalties may also apply. Cheating is a serious offense with serious consequences. Consult the student handbook for more details. Also Global High School policies likely will be exercised, if a student is caught committing academic dishonesty.

## **NAVARRO COLLEGE EEOC STATEMENT**

Navarro College shall comply with existing federal and state laws and regulations, including the Civil Rights Act of 1964 (P.L. 88-352) and Executive Order 11246 (Revised Order #4), where applicable, with respect to the admissions and education of students, with respect to the availability of student loans, grants, scholarships, and job opportunities, with respect to the employment and promotion of teaching and non-teaching personnel, with respect to the student and faculty activities conducted on premises owned or occupied by the College. Navarro College shall not discriminate either in favor of or against any person on account of race, color, religion, creed, sex, age, national origin, ancestry, disability, marital status or veteran's status.

## **FOUR MAJOR PORTIONS OF THIS COURSE**

### **Part One-The Essentials**

- Pre Assessments of Student Knowledge on Physical Fitness and Healthy Eating
- Pre-Assessment of Individual Students Fitness Level
- Different Types and Varieties of Walking
- Proper Workout Attire
- Training Guidelines (Measuring Resting Heart Rate, Total Heart Rate, and other vitals, Planning Workouts, How to evaluate your progress)
- Supplemental Routines and Activities to the walking routines and programs students will use for this course

## **Part Two- Workout Types**

- Short and Easy Workouts
- Medium and Steady Workouts
- Medium and Quicker Workouts
- Short and Fast Workouts
- Long and Steady Workouts

## **Part Three- Workout Programs**

- Walking Program Types
- Cross-Training Walking Programs
- Program Customization

## **Part IV- Health and Nutrition**

- Identifying Go, Slow, and Whoa Foods
- A healthy, balanced diet (What does that mean?)
- Being aware of what you are putting in your body and the possible consequences
- Reading Nutritional Information: What does the items on those labels all mean? How does it affect my body and health
- Keeping Food Journals
- Dieting vs. Life Style Change
- What are target levels for blood sugar, blood pressure, good/bad cholesterol numbers?