

J. Sargeant Reynolds Community College
Course Content Summary

Course Prefix and Number: PED 117

Credits: 1

Course Title: Fitness Walking

Course Description: Teaches content and skills needed to design, implement, and evaluate an individualized program of walking, based upon fitness level. Laboratory 2 hours per week.

General Course Purpose: This is a comprehensive walking course designed to facilitate fitness and develop awareness of safety, fitness, training principles, and nutrition guidelines. The course serves as a general education wellness elective.

Course Objectives:

Upon completing the course, the student will be able to

- a. Explain how walking has a positive effect on a person's self-esteem;
- b. Describe the types of walking;
- c. Demonstrate proper body positioning for walking;
- d. Explain the appropriate components of a proper warm-up and cool-down;
- e. List the cardiovascular benefits of walking;
- f. Define each of the five components of physical fitness;
- g. Define the principles of physical fitness and progress when connected with a walking program;
- h. Explain the concept of target heart rate;
- i. Properly check the pulse rate during walking in order to monitor the proper exercise intensity;
- j. List the unique precautions to be taken when walking in cold and hot weather;
- k. Describe the basic guidelines in proper selection of a good pair of walking shoes and other types of equipment utilized in walking programs;
- l. Describe the process for realistic goal setting for gradual progress in a walking program; and
- m. Develop and/or identify personal wellness goals using the SMART method.

Major Topics to Be Included:

- a. SMART planning method
- b. Walking as a fitness activity
- c. Types of walking
- d. Benefits of walking
- e. Components of physical fitness (cardiovascular fitness, muscular strength, muscular endurance, flexibility, and body composition)
- f. Principles (FITT - Frequency, Intensity, Time and Type; overload, and SAID-specific adaptations to imposed demands)
- g. Equipment and safety
- h. Components of health-related fitness
- i. Cardiovascular guidelines for fitness walking
- j. Body composition and weight management
- k. Walking programs

Effective Date of Course Content Summary: August 14, 2015