

KIN M23: WALKING FOR FITNESS

Originator

ablack

Co-Contributor(s)
Name(s)

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College

Moorpark College

Discipline (CB01A)

KIN - Kinesiology

Course Number (CB01B)

M23

Course Title (CB02)

Walking for Fitness

Banner/Short Title

Walking for Fitness

Credit Type

Credit

Start Term

Spring 2021

Formerly

PE M01A

Catalog Course Description

Provides exercise and fitness training through walking with the emphasis on improvements in cardiovascular conditioning and muscle tone. Stresses assessment and the challenge of overall development of personal fitness.

Additional Catalog Notes

Credit Limitation: UC - Maximum credit of 4 units if combined with any or all other DANC/ICA/KIN/PE Activity courses.

Taxonomy of Programs (TOP) Code (CB03)

1270.00 - Kinesiology

Course Credit Status (CB04)

D (Credit - Degree Applicable)

Course Transfer Status (CB05) (select one only)

A (Transferable to both UC and CSU)

Course Basic Skills Status (CB08)

N - The Course is Not a Basic Skills Course

SAM Priority Code (CB09)

E - Non-Occupational

Course Cooperative Work Experience Education Status (CB10)

N - Is Not Part of a Cooperative Work Experience Education Program

Course Classification Status (CB11)

Y - Credit Course

Educational Assistance Class Instruction (Approved Special Class) (CB13)

N - The Course is Not an Approved Special Class

Course Prior to Transfer Level (CB21)

Y - Not Applicable

Course Noncredit Category (CB22)

Y - Credit Course

Funding Agency Category (CB23)

Y - Not Applicable (Funding Not Used)

Course Program Status (CB24)

1 - Program Applicable

General Education Status (CB25)

Y - Not Applicable

Support Course Status (CB26)

N - Course is not a support course

Field trips

Will not be required

Grading method

(L) Letter Graded

Alternate grading methods

(O) Student Option- Letter/Pass

(P) Pass/No Pass Grading

Does this course require an instructional materials fee?

No

Repeatable for Credit

No

Is this course part of a family?

No

Units and Hours

Carnegie Unit Override

No

In-Class

Lecture

Activity

Laboratory

Minimum Contact/In-Class Laboratory Hours

52.5

Maximum Contact/In-Class Laboratory Hours

52.5

Total in-Class**Total in-Class****Total Minimum Contact/In-Class Hours**

52.5

Total Maximum Contact/In-Class Hours

52.5

Outside-of-Class**Internship/Cooperative Work Experience**

Paid

Unpaid

Total Outside-of-Class

Total Outside-of-Class

Total Student Learning**Total Student Learning****Total Minimum Student Learning Hours**

52.5

Total Maximum Student Learning Hours

52.5

Minimum Units (CB07)

1

Maximum Units (CB06)

1

Student Learning Outcomes (CSLOs)**Upon satisfactory completion of the course, students will be able to:**

- | | |
|---|--|
| 1 | create a walking fitness program that includes various types of terrain. |
| 2 | apply pre and post cardiovascular fitness tests. |

Course Objectives**Upon satisfactory completion of the course, students will be able to:**

- | | |
|---|---|
| 1 | explain the health and fitness benefits of a properly progressed walking program. |
| 2 | demonstrate the components of a well-structured warm-up. |
| 3 | design a progressive training program to meet specific fitness and/or race goals. |
| 4 | demonstrate proper and effective walking techniques. |
| 5 | demonstrate a variety of flexibility techniques. |
| 6 | identify appropriate food choices to enhance health and performance. |
| 7 | calculate effective intensities for various aerobic activities. |

Course Content**Lecture/Course Content**

N/A

Laboratory or Activity Content**(25%) - Training principles:**

- Warm up and cool down
- Progression
- Overload
- Specificity
- Intensity
- Frequency
- Duration periodization
- Individual needs

(15%) - Health Topics

- Nutrition
- Healthy eating behaviors
- Body image
- Weight management
- Metabolic energy systems
- Wellness
- Exercise behavior enhancing overall well-being

(60%) – Aerobic Fitness Programming

- Training programs:
- Pace and tempo
- Speed
- Strength
- Terrain mastering (uphill, downhill, flat)
- Competitive challenges and time trials

Methods of Evaluation

Which of these methods will students use to demonstrate proficiency in the subject matter of this course? (Check all that apply):

Problem solving exercises
Skills demonstrations
Written expression

Methods of Evaluation may include, but are not limited to, the following typical classroom assessment techniques/required assignments (check as many as are deemed appropriate):

Individual projects
Journals
Oral analysis/critiques
Oral presentations
Participation
Portfolios
Reports/Papers/Journals
Skills demonstrations
Skill tests or practical examinations

Instructional Methodology

Specify the methods of instruction that may be employed in this course

Audio-visual presentations
Collaborative group work
Class activities
Class discussions
Distance Education
Demonstrations
Group discussions
Instructor-guided interpretation and analysis
Instructor-guided use of technology
Small group activities

Describe specific examples of the methods the instructor will use:

1. Group the class according to similar goals and compare journal notes through discussion
2. Showing appropriate running technique through the use of video
3. Tracking distance improvement by recording distance covered in the 12 minute run.

Representative Course Assignments**Writing Assignments**

1. Write a report on topics, such as: injury prevention, proper technique, and/or program design.
2. Maintain a walking journal recording distance, time, and beats per minute (BPM).

Critical Thinking Assignments

1. Analyze nutritional habits and create a nutrition plan.
2. Design a personal walking program.

Reading Assignments

1. Summary of two articles from a walking magazine of choice.
2. Summary of two articles regarding proper nutrition and walking for fitness.

Skills Demonstrations

1. Complete the 12-minute walk/run test in the beginning of the semester and at the end of the semester to record improvement.
2. Complete a course designed by the instructor within an allotted amount of time.

Outside Assignments**Representative Outside Assignments**

1. Research and present a summary of an article highlighting an Olympic speed walker and their training methodologies.

Articulation**Equivalent Courses at 4 year institutions**

University	Course ID	Course Title	Units
CSU Long Beach	KIN 109A	Fitness Walking	1
CSU Northridge	KIN 128	Fitness Walking	1
CSU Fullerton	KNES 103	Fitness Walking	1

Comparable Courses within the VCCCD

KIN V20 - Walking to Restore Fitness
 KIN R140 - Walking for Fitness
 KIN R141 - Running for Fitness
 KIN V21 - Fitness Walking/Jogging

Equivalent Courses at other CCCs

College	Course ID	Course Title	Units
College of the Canyons	KPEA 125	Walking for Fitness	1
El Camino College	PE 2A	Walking for fitness	1

District General Education

A. Natural Sciences

B. Social and Behavioral Sciences

C. Humanities

D. Language and Rationality

E. Health and Physical Education/Kinesiology

E2. Physical Education

Approved

F. Ethnic Studies/Gender Studies

Course is CSU transferable

Yes

CSU Baccalaureate List effective term:

Fall 1995

CSU GE-Breadth

Area A: English Language Communication and Critical Thinking

Area B: Scientific Inquiry and Quantitative Reasoning

Area C: Arts and Humanities

Area D: Social Sciences

Area E: Lifelong Learning and Self-Development

E Lifelong Learning and Self-Development

Approved

Area F: Ethnic Studies

CSU Graduation Requirement in U.S. History, Constitution and American Ideals:

UC TCA

UC TCA

Approved

IGETC**Area 1: English Communication****Area 2A: Mathematical Concepts & Quantitative Reasoning****Area 3: Arts and Humanities****Area 4: Social and Behavioral Sciences****Area 5: Physical and Biological Sciences****Area 6: Languages Other than English (LOTE)****Textbooks and Lab Manuals****Resource Type**

Textbook

Description

Ring, Frank S. *Walking for Health and Fitness: The Easiest Way to Get in Shape and Stay in Shape*. Available through Amazon Services LLC, 2019.

Resource Type

Textbook

Description

Barough, Nina. *Walking for Fitness; Make Every Step Count*. DK, 2016.

Resource Type

Other Resource Type

Description

dotFIT <http://www.dotfit.com/>

Website devoted to providing free fitness and nutrition advice, issues in fitness and sports, as well as the evaluation of fitness and exercise programs.

Resource Type

Other Resource Type

Description

United States Department of Agriculture.

Homepage: <http://www.usda.gov/wps/portal/usda/usdahome>

Resource Type

Other Resource Type

Description

United States Department of Agriculture.

<https://www.choosemyplate.gov/>

Library Resources**Assignments requiring library resources**

Research using the Library's print and online resources, especially health-related databases, for articles concerning the health aspects of walking.

Sufficient Library Resources exist

Yes

Example of Assignments Requiring Library Resources

Research the benefits of walking for health and well-being.

Distance Education Addendum**Definitions****Distance Education Modalities**

Hybrid (51%–99% online)

Hybrid (1%–50% online)

100% online

Faculty Certifications

Faculty assigned to teach Hybrid or Fully Online sections of this course will receive training in how to satisfy the Federal and state regulations governing regular effective/substantive contact for distance education. The training will include common elements in the district-supported learning management system (LMS), online teaching methods, regular effective/substantive contact, and best practices.

Yes

Faculty assigned to teach Hybrid or Fully Online sections of this course will meet with the EAC Alternate Media Specialist to ensure that the course content meets the required Federal and state accessibility standards for access by students with disabilities. Common areas for discussion include accessibility of PDF files, images, captioning of videos, Power Point presentations, math and scientific notation, and ensuring the use of style mark-up in Word documents.

Yes

Regular Effective/Substantive Contact**Hybrid (1%–50% online) Modality:**

Method of Instruction	Document typical activities or assignments for each method of instruction
Asynchronous Dialog (e.g., discussion board)	Regular Asynchronous discussion boards will be used to encourage discussion among students where they can compare and contrast/ discuss /identify and analyze elements of course outcomes. Other Discussion boards will also be used for Q&A and general class discussion by students and instructor to facilitate student learning outcomes.
E-mail	Email, class announcements and tools such as “Message Students Who” and “Assignment Comments” in Canvas will be used to regularly communicate with all students to clarify class content, remind of upcoming assignments, and provide immediate feedback to students on coursework to facilitate student learning outcomes. Students will be given multiple ways to email instructor through Canvas inbox and faculty provided email account through their own canvas email and school email.
Face to Face (by student request; cannot be required)	Labs will be face to face with practical (identification) quizzes and exams. Lab time will offer student-student interaction and time to ask question of the instructor.
Other DE (e.g., recorded lectures)	Recorded lectures will provide students with the same experience as in a traditional lecture class. Online practice exams and quizzes will provide the opportunity for asynchronous review of material.

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100% online Modality:

Method of Instruction	Document typical activities or assignments for each method of instruction
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Examinations**Hybrid (1%–50% online) Modality**

Online
On campus

Hybrid (51%–99% online) Modality

Online
On campus

Primary Minimum Qualification

PHYSICAL EDUCATION

Review and Approval Dates

Department Chair

10/9/2020

Dean

10/14/2020

Technical Review

10/15/2020

Curriculum Committee

10/20/2020

DTRW-I

MM/DD/YYYY

Curriculum Committee

MM/DD/YYYY

Board

MM/DD/YYYY

CCCCO

11/18/2020

Control Number

CCC000522766

DOE/accreditation approval date

MM/DD/YYYY