



Department of Health, Physical Education and Recreation

**PED 101 16 WALKING LAB
COURSE SYLLABUS
SPRING 2019**

INSTRUCTOR: Kristi Furlong

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TIME/LOCATION: MWF 9-9:50am

GISC

UNIT OBJECTIVES:

1. Relate the fitness and wellness lecture material to the activity of walking.
2. Understand the importance of quality walking shoes, clothing, and other apparel to the walking program.
3. Learn and be able to demonstrate proper foot placement, stride, and walking technique.
4. Understand and practice proper safety techniques while walking.
5. Understand the importance of warm-up and cool-down procedures in a walking program.
6. Understand and apply the principles of overload and progressive resistance to a fitness walking program.
7. Understand and experience how a walking program, when coupled with sound nutrition will control and/or reduce body fat.
8. Be able to develop through mathematical calculations based on individualized data, an exercise prescription for walking that will enhance cardiorespiratory fitness.
9. Understand and experience how a walking program will assist in stress diversion and relaxation.
10. Provide pre- and post-test measurements to evaluate the effectiveness of the program in enhancing various fitness parameters before and after a 10 week , 3 day per week fitness walking program.
11. Understand how habitual walking and a regular walking program will enhance ones quality of life and provide permanent weight control and a higher degree of health fitness.

COURSE OUTLINE:

1. Associated Risks and Benefits of Walking for Fitness and Weight Control. Safety procedures, including common injuries, walking on the street, trail walking, and cross-country walking.
2. Discussion of walking shoes and appropriate apparel.
3. Walking technique: stride walking, speed walking, foot placement, and body position.
4. Pre-testing evaluation.
5. General principles of fitness walking: specificity, overload progressive resistance. Warming up and cooling down.
6. Nutrition for fitness walking.
7. Muscles involved in walking.
8. Breathing techniques for fitness walking.
9. Weight control through fitness walking.
10. Development of a periodized exercise prescription based on the needs of the individual.
11. Walking for stress diversion.
12. Post-testing evaluation.
13. Interpretation of results. Final examination.

Walking will always be offered and is the primary activity, however to provide variety other physical activities may be offered on occasion and these will be voluntary

GRADING:

The activity laboratories portion of the fitness and wellness course will account for 100 of the 600 total points in the course. Points will be deducted for lack of effort. Three (3) tardies equate to one absence.

Attendance and Participation: 100 points

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CLOTHING:

Wear comfortable clothing. Students are to wear appropriate walking shoes (athletic shoes) for class. A water bottle is encouraged.

NO CELL PHONE USE.

HPER Department supports Western policy for the following reasons:

- A. **Attendance Policy:** Since the attainment of minimal levels of fitness can be achieved through regular participation in an exercise program, which is parallel with the course objectives, no more than two (2) unexcused absences for lab sections meeting 2 days/week or three (3) in sections which meet 3 days/week will be allowed without a deduction of points. For additional unexcused absences, 10 points will be deducted for every class missed (maximum of 11 classes missed). If the student exceeds 11 unexcused absences (including the non-penalized absences), a grade of “F” will be assigned to the student for the entire course (lecture and lab) for PED 101.
- B. **Excused Absences:** Will ONLY BE ACCEPTED IN EMERGENICES, AND ONLY BY WRITTEN DOCUMENTATION. **WITHIN 7 CALENDAR DAYS THE STUDENT MUST: 1) PROVIDE THE INSTRUCTOR WITH WRITTEN DOCUMENTATION FOR THE EXCUSED ABSENCE AND 2) SUBMIT ANY MISSED ASSIGNMENTS DUE ON THE DATE OF THE EXCUSED ABSENCE – FAILURE TO DO SO WILL RESULT IN THE ABSENCE BEING DEEMED UNEXCUSED AND ASSIGNMENTS WILL RECEIVE A GRADE OF ZERO.** If you have missed class, it is your responsibility to inform the instructor of the reason for the absence.

UNEXCUSED LATE ASSIGNMENTS WILL NOT BE ACCEPTED. TESTS AND QUIZZES MAY NOT BE MADE UP. Your Instructor *may* provide you with additional information regarding this policy.

ACADEMIC HONESTY POLICY:

Academic honesty is required in all academic endeavors. Violations of academic honesty include any instance of plagiarism, cheating, seeking credit for another’s work, falsifying documents or academic records, or any other fraudulent activity. Violations of academic honesty may result in a failing grade on the assignment, failure in the course, or expulsion from the University. When a student’s grade has been affected, violations of academic honesty will be reported to the Provost or designated representative on the Academic Honesty Violation Report forms.

Please see the Western Student Handbook and Calendar on for specific activities identified as violations of this policy and the student due process procedure. This handbook is also available online at <http://www.missouriwestern.edu/handbook/index.pdf>

Disability Accommodations: Students seeking accommodations must first provide documentation of needed accommodations to the **Accessibility Resource Center (ARC)** located in Eder Hall, Suite 203. Once accommodations have been approved by the ARC, students are responsible for notifying their instructors of those accommodations. This should be done within the first two weeks of classes. Accommodations are not retroactive