

PALOMAR COLLEGE
COURSE OUTLINE OF RECORD FOR
DEGREE CREDIT COURSE

 X Transfer Course X A.A. Degree applicable course
(check all that apply)

COURSE NUMBER AND TITLE: PE 114 Walkfit

UNIT VALUE: 1, 1.5

MINIMUM NUMBER OF SEMESTER HOURS: 32, 48

BASIC SKILLS REQUIREMENTS: Appropriate language and computational skills

ENTRANCE REQUIREMENTS None

PREREQUISITE: None

COREQUISITE: None

RECOMMENDED PREPARATION: None

SCOPE OF COURSE:

Instruction and training in walking techniques to increase endurance and fitness levels.
May be taken four times. CSU; UC

SPECIFIC COURSE OBJECTIVES:

Successful students will:

1. identify the health benefits of walking.
2. evaluate beginning fitness levels and improvement.
3. analyze fitness levels by applying proper walking techniques and procedures.
4. explain fitness strengths and weaknesses.
5. evaluate safety procedures, injury potential, and necessary first aid tactics in walking training.

CONTENT IN TERMS OF SPECIFIC BODY OF KNOWLEDGE:

- I. Introduction
 - A. Safety procedures
 - B. Equipment
 - C. Testing
 - 1. Blood pressure
 - 2. Rockport test
 - 3. Lean body mass test
 - 4. 8" step test
 - 5. Target heart rate

- II. Participation
 - A. Track workouts
 - B. Road/trail workouts
 - C. Hill workout
 - D. Power walking
 - E. Race walking

- III. Post testing and evaluation

REQUIRED READING:

Instructor generated handouts on walking/training techniques.

SUGGESTED READING: None

REQUIRED WRITING:

Students will be required to keep a calendar of walking hours and training improvements.
Minimum of five pages.

OUTSIDE ASSIGNMENTS:

Students are expected to spend a minimum of three hours per unit per week in class and on outside assignments, prorated for short-term classes.

Read and study handouts and lecture notes. Prepare calendar assignment, practice skills and practice for exams. Record workouts; calculate training heart rates, distances, and times for improved performances.

INSTRUCTIONAL METHODOLOGY:

Check all that apply:

- lecture
- laboratory
- lecture-laboratory combination
- directed study

DISTANCE LEARNING:

This course may be offered as a distance learning course and meets Title 5 regulations 55370, 55372, 55374, 55376, 55378, and 55380.

Yes No

If yes, check all that apply:

- Television Course (Video one-way, e.g. ITV, video cassette, etc.)
- Online Course (Text one-way, e.g. newspaper, correspondence, electronic file, etc.)
- Two-Way Video Conferencing (Two-way interactive video and audio)
- One-Way Video Conferencing (One-way interactive video and two-way interactive audio)
- Computer Assisted Instruction (A specialized form of mediated instruction relying primarily on student access to information and prepared lessons or teaching materials through a computer terminal, but not under immediate supervision of a qualified instructor.)

GRADING POLICY AND STANDARDS (include methods of determining whether the stated objectives have been met by students):

Participation	50%
Fitness improvement tests	25%
Outside assignments	20%
Calendar	5%

IS COURSE REPEATABLE FOR REASON(S) OTHER THAN DEFICIENT GRADE?

Yes No Number of times course may be taken for credit: 4

If yes, identify specific provision of Title 5 Division 2 section(s), 55761-55763 and 58161 which qualifies course as repeatable:

58161(c)(2)(A) and (B)

CONTACT PERSON: **Mario Mendez** **Extension 2475**

SIGNATURES:

SIGNATURES ON FILE