GROSSMONT COLLEGE

 Official Course Outline

EXERCISE SCIENCE 007A – BEGINNING AEROBIC WALKING FOR FITNESS AND WELLNESS

 1. Course Number Course Title Semester Units Semester Hours

 ES 007A Beginning Aerobic Walking 1.5 1 hour lecture

 for Fitness and Wellness 2 hours laboratory

 2. Prerequisites

None.

 Corequisite

 None.

 Recommended Preparation

 None.

 3. Catalog Description

 Instruction and reinforcement in basic fitness walking techniques with a specific intent to develop cardiovascular fitness and endurance to a beginning level. Students will also analyze the impact of aerobic walking on other fitness parameters such as muscle endurance and body composition. Principles of physical fitness, conditioning and other relevant health-related topics will also be covered.

 4. Course Objectives

 The student will:

 a. Demonstrate proper technique of basic fitness walking.

 b. Develop sufficient training effects in order to experience the impact of body maintenance on

productivity, self-image and stress reduction.

 c. Recall, analyze, discuss and practice the functional aspects of a beginning level of physical fitness necessary to maintain the health and vigor of his/her body for a lifetime.

 d. Identify and explain the relevance of target heart rate and recovery heart rates in the conditioning process and monitor those heart rate levels.

 e. Analyze and evaluate beginning level exercise performance through a testing regimen of selected physiological parameters: resting heart rate, exercise heart rate, recovery heart rate, and body composition.

 f. Achieve beginning level improvements in time between pre-, mid-, and post- semester assessments in the mile walk.

 g. Demonstrate knowledge of various aspects and principles of physical fitness, wellness and healthy lifestyle choices.

5. Instructional Facilities

 a. Track.

 b. Supplemental aerobic routes.

 6. Special Materials Required of Student

1. Appropriate fitness attire, including shoes designed for fitness walking.
2. Water bottle.
3. Internet access

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 7. Course Content

1. Beginning techniques of fitness walking.
2. Introduction to warm-up, safety and hydration.

 c. Discussion of physiological parameters of conditioning.

 d. Assessment of body conditions and limitations.

 e. Development of a beginning-level personalized walking program.

f. Lecture/discussions on relevant topics including the principles of physical fitness, conditioning, nutrition, weight control, exercise safety, and other factors critical to a healthful lifestyle.

 g. Injury prevention and treatment.

 h. Discussion of psychological effects of fitness and wellness.

 8. Method of Instruction

 a. Lecture.

 b. Demonstration.

 c. Practice and participation.

 d. Pre-, mid-, and post- semester physical performance assessment at a beginning level.

 e. Instructor led exercises.

 9. Methods of Evaluating Student Performance

 a. Pre- and post- testing of beginning level aerobic fitness.

 b. Written tests including a final.

 c. Participation in activity and discussions.

d. Outside writing assignments.

10. Outside Class Assignments

1. Textbook reading as assigned.
2. Research project or other outside writing assignment.
3. Inclusion of at least 1 additional day of prescribed exercise to meet minimum frequency standards needed to gain fitness.

11. Texts

 a. Required Text(s):

 Exercise Science and Wellness Department. The Way to a Long and Healthy Life. El Cajon, CA: Grossmont College, 6th edition, 2012.

 b. Supplementary texts and workbooks:

 Instructor's materials.

Addendum: Student Learning Outcomes

 Upon completion of this course, our students will be able to do the following:

1. Demonstrate knowledge, physical fitness level, skills and appreciation of aerobic dance exercise at the beginning level.
2. Identify the basic principles for maintaining an active and healthy life.

Date approved by the Governing Board: May 21, 2013