

Walking for Fitness
ExSp 164.1 Fall 2005
MW 11:00-11:50 a.m.
Rm. 202E

Instructor: Nicole Warnke
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Office: 103C Forker Building
Office Hours: Monday 1:30-3:00 p.m.
Friday 11:00-12:00 p.m.

Course Outcomes:

- To know the benefits of walking
- To know how to walk in a safe and healthy way
- To understand the basic elements of creating an appropriate walking plan for you

Course Requirements:

- Participate in all class activities
- Appropriate dress: active wear and athletic shoes
- You need to bring your ISU card to class everyday

Attendance:

- Attendance is required in this class
- More than 3 absences will result in a failing grade in this class
- Arriving more than 10 minutes late will result in an absence

Grading: Satisfactory/Fail grading- to pass you must receive 70% or higher

Rockport Test (3x5)	15 pts
Walking Log (3x15)	45 pts
Midterm Project	20 pts
Final Written Test	<u>20 pts</u>
Total Points:	100pts

Walking Log: This log is a way for you to report your progress as you engage in walking activities this semester. You are required to turn in ‘summaries’ this semester. Each of these must be turned into me, in person the day that it is due unless other arrangements have been made. You are free to write what you want and each entry should be no less than a paragraph and no more than a page in length. The only content requirement that I will enforce is that you must include your semester goal in the 1st walking log.

Semester Goal: This is a goal that you will set for yourself to work towards this semester. I will be the only person to see these goals. These DO NOT have to be walking related. I will cover this in more detail in class. Let me know if you have any questions.

Midterm Project: You and a partner will be responsible for creating a walking route. You must provide a marked map with the total distance and directions. Also, the estimated time, steps to finish the route and your heart rate upon completion need to be included.

Written Test: This test will include information from class lectures and hand-outs. It will be the last week of class.

Special Needs: Please address any special needs or special accommodations with me at the beginning of the semester, or as soon as you become aware. Those seeking accommodations based on disabilities should obtain a Student Academic Accommodation Request (SAAR) from the Disability Resources (DR) office.

Academic Honesty: Please refer to the University Catalog for more information and specific guidelines.

Tentative Course Outline: As always, there could be changes made to this course outline. If so, I will inform you of them in class.

Day	Date	Activity	Assignments
M	1.9	Course introduction	
W	1.11	Target Heart Rate and FITT	
M	1.16	No Class	
W	1.18	Rockport Fitness Test	Meet in the REC
M	1.23	Walking Technique and Posture	Walking Log #1 Due
W	1.25		
M	1.30		
W	2.1		
M	2.6		
W	2.8		
M	2.13		
W	2.15		
M	2.20	Stretching and Flexibility	
W	2.22		
M	2.27		
W	3.1		
M	3.6	Rockport Fitness Test	
W	3.8		Walking Log #2 Due
M-W	3.13-3.17	NO CLASS: SPRING BREAK	
M	3.20		
W	3.22		
M	3.27		
W	3.29	Aqua Fitness	
M	4.3		
W	4.5		
M	4.10		
W	4.12		
M	4.17		
W	4.19	Rockport Fitness Test	
M	4.24	Last Day of Class	Walking Log #3 due

The blank spaces will be filled with walking activities as well as other suggested activities by students.