

EASTERN ARIZONA COLLEGE

Beginning Power Walking I

Course Design
2018-2019

Course Information

Division Health & Physical Education
Course Number HPE 101BC
Title Beginning Power Walking I
Credits 1
Developed by Jim Bagnall
Lecture/Lab Ratio 0 Lecture/2 Lab

Transfer Status

ASU	NAU	UA
EXW 105, KIN 105	FIT 100	PE Dept. Elective, PE Activity Credit limit of three units

Activity Course Yes
CIP Code 31.0501
Assessment Mode Portfolio
Semester Taught Upon Request
GE Category AAS degree only
Separate Lab No
Awareness Course No
Intensive Writing Course No
Diversity and Inclusion Course No

Prerequisites

None

Educational Value

For students who can benefit from learning lifetime skills and want to increase their physical fitness level.
 To develop an activity to relieve stress.

Description

Designed to give students the opportunity to learn warm-up, walk, and cool down using the proper stretching and power walking techniques.

Supplies

Work out attire

Competencies and Performance Standards

1. State the guidelines for starting a walking program.

Learning objectives

What you will learn as you master the competency:

- a. Explain the common sense steps necessary before beginning a walking program.
- b. Explain the proper clothing, including the selection of shoes necessary to a sensible walking plan.
- c. Discuss the three training schedules: beginner, intermediate, and advanced.

Performance Standards

Competence will be demonstrated:

- o by passing a checklist governing the guidelines for starting a walking program

Criteria - Performance will be satisfactory when:

- o learner identifies the steps necessary before beginning a walking program
- o learner explains the proper clothing, including the selection of shoes necessary to a sensible walking program
- o learner explains the three training schedules (beginner, intermediate, and advanced)

2. Explain and demonstrate stretching exercises that are beneficial in a walking program.

Learning objectives

What you will learn as you master the competency:

- a. Explain and demonstrate stretching exercises for the lower and upper back.
- b. Explain and demonstrate stretching exercises for the legs, shoulders, neck, and arms.

Performance Standards

Competence will be demonstrated:

- o by demonstrating exercises taken from a check list of exercises

Criteria - Performance will be satisfactory when:

- o learner explains and demonstrates stretching exercises for the lower & upper back
- o learner demonstrates at least two stretching exercises for the legs, shoulders, neck and arms

3. Explain safety measures, injuries, and their care pertaining to walking programs.

Learning objectives

What you will learn as you master the competency:

- a. Identify safety measures including animals, environment, traffic, weather, and other people.
- b. Discuss the types of injuries associated with walking and their care.

Performance Standards

Competence will be demonstrated:

- o by passing a checklist governing the safety issues and injuries

Criteria - Performance will be satisfactory when:

- o learner identifies safety measures including animals, environment, traffic, weather and other people
- o learner explains the type of injuries associated with walking and their care

4. Demonstrate and explain the proper running form.

Learning objectives

What you will learn as you master the competency:

- a. Explain and demonstrate proper foot placement.
- b. Explain and demonstrate proper stride.
- c. Explain and demonstrate body carriage.

Performance Standards

Competence will be demonstrated:

- o by explaining and demonstrating a check list of steps to proper walking with 80% accuracy

Criteria - Performance will be satisfactory when:

- o learner demonstrates and explains the proper foot placement
- o learner demonstrates and explains the proper stride
- o learner demonstrates and explains proper body carriage

Types of Instruction

Demonstration

Grading Information

Grading Rational

Course Evaluations	90%
Portfolio	10%

Grading Scale

A	90-100%
B	80-89%
C	70-79%
D	60-69%
F	59% or below