

# EASTERN ARIZONA COLLEGE

## Advanced Power Walking I

Course Design  
2018-2019

**Course Information**

**Division** Health & Physical Education  
**Course Number** HPE 201BC  
**Title** Advanced Power Walking I  
**Credits** 1  
**Developed by** Jim Bagnall  
**Lecture/Lab Ratio** 0 Lecture/2 Lab

**Transfer Status**

ASU	NAU	UA
EXW Dept Elective, KIN 205	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**

HPE 102BC

**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 for 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 Evaluation	90%
Portfolio	10%

***Grading Scale***

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