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: Pending Evaluation

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

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. Explain 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 passes a checklist governing the guidelines for starting a walking program.
   
   o learner explains the proper clothing including the selection of shoes necessary to a sensible walking program.
   
   o learner will explain 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 exercises for the back, legs, shoulders, neck and arms.

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

   **Learning objectives**
   
   *What you will learn as you master the competency:*
   
   a. Learner will understand safety measures including animals, environment, traffic, weather, and other people.
   
   b. Learner will understand 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 explains 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.

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**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