Course Description:

This course is designed for the individual wanting to learn how to enjoy walking as a lifetime fitness activity. The student will learn the benefits of walking, how to set up a program, and also a little about nutrition. It is hoped that all students will learn to appreciate fitness walking as a lifelong learning activity.

Course Goals:

1. Learn the basic techniques of fitness walking.
2. Improve cardiovascular efficiency by walking at least four times a week.
3. Learn about proper nutrition and wellness.
4. Walk safely and follow all precautions.

Course Rules:

5. Attend class regularly and participate in required activities.
6. Every student should be respectful to instructor and fellow students.
7. NO horseplay will be tolerated.
8. Dress appropriately for class every day.
9. Be on time.

Attendance Policy:

Attendance will be taken daily. You are expected to attend all class sessions.
Additional Information:

You may bring water to class. It is also recommended that you wear a hat and use sunscreen to protect yourself from excess exposure to the sun. You should wear proper exercise attire (loose fitting clothing) including socks and good walking shoes to every class.

Grading Policy:

Attendance: 80% , Written Assignments: 20%

Semester Schedule (subject to change)

7-6 walking & online orientation

7-7 walking

7-8 walking

7-9 walking

7-10 short walk & “Portion Distortion” wellness presentation

7-13 walking

7-14 walking

7-15 walking

7-16 walking

7-17 walking “Portion Distortion” response paper due

7-20 short walk & “Obesity in a Bottle” wellness presentation

7-21 walking

7-22 walking

7-23 walking

7-24 walking

7-27 short walk & “How to Slow Down the Aging” wellness presentation
7-27 “Obesity in a Bottle” response paper due

7-28 walking

7-29 walking

7-30 walking

7-31 walking

8-3 walking “How to Slow Down the Aging” response paper due

8-4 walking

8-5 walking

“Persons with disabilities which may warrant academic accommodations must contact the Student Life Office, Room 112 University Center, in order to request such accommodations prior to any accommodations being implemented. You are encouraged to make this request early in the semester so that appropriate arrangements can be made.”

“Angelo State University expects its students to maintain complete honesty and integrity in their academic pursuits. Students are responsible for understanding the Academic Honor Code, which is contained in both print and web versions of the Student Handbook.”