

**Department of Kinesiology, PA 1110.01Z Fitness Walking
syllabus, Summer II, 2021**

Instructor: Jack Plott, BS, MAT, M.Ed. SAISD (1980-1990) P.E. K-6 Dept. of Defense Dependent Schools (overseas)(1990-2006) P.E. K-12 ASU Kinesiology Dept. spring 2009 to present	Office: CHP 105 Office Hours : M-TR 9:15-9:45,
Office : CHP 105	Class Hours : M-TR 8:00-9:15 a.m.
Phone: 949-9807 (H) 227-5649 (C) 942-2173 (W)	Email: cplott@angelo.edu

Course Description:

This course is designed for individuals 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 information about nutrition/general wellness. 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:

1. Attend class regularly and participate in required activities.
2. Every student should be respectful to instructor and fellow students.
3. NO horseplay will be tolerated.
4. Dress appropriately for each class.
5. Be on time.

Attendance Policy:

Attendance will be taken daily (3.5 points per day). 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 gym shoes to every class.

Grading Policy:

Attendance: 80%, Written Assignments: 20%

Semester Schedule (subject to change)

7-12 orientation (CHP 207) & short walk

7-13 walking

7-14 Red Arroya Trails (part I)

7-15 walking

7-19 "Portion Distortion" wellness presentation (CHP 207) & short walk

7-20 KOA (part 1)

7-21 walking

7-22 walking disc golf

7-23 "Obesity in a Bottle" wellness presentation (CHP 207) & short walk

7-24 downtown river walk

7-26 walking

7-27 walking

7-28 Red Arroya Trails (part II)

7-29 "Slow Down the Aging" wellness presentation (CHP 207) & short walk

8-2 Spring Creek Park

8-3 walking

8-4 KOA (part II)

8-5 walking

8-9 walking

8-10 walking

8-11 O.C. Fisher Dam & Lake (San Angelo State Park/Corp of Engineers Office)

8-12 walking

8-13 favorite walk

" 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."