

Angelo State University
Department of Kinesiology

Course: Fitness Walking – PA 1125

Instructor: Kevin Brooks

Office: Junell Center 242

Office Hours: TR 8:00 am-11:00 am

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COURSE DESCRIPTION:

Designed to promote knowledge of all aspects of fitness walking that can be used to make it a life-long activity for physical fitness.

COURSE OBJECTIVES:

1. To learn the basics of fitness walking.
2. To increase level of fitness through fitness walking.

GRADING POLICY:

Student grades will be based on: **attendance and participation.**

Grading Scale: 0-3 Absences = A
4 Absences = B
5 Absences = C
6 Absences = D
7+ Absences = F

TARDY POLICY: 3 tardies = absence

ATTIRE:

T-shirt, gym shorts or sweats.

Tennis shoes. **Absolutely no sandals or any type of open shoe!**

*****Failure to attend class with proper attire will result in an automatic absence.***

"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."

COURSE OUTLINE

- Week 1- Measuring Your Heart Rate, Finding Your Target Heart Rate**
- Week 2- Training Zones**
- Week 3- Karvonen Formula**
- Week 4- Walk for 30 minutes**
- Week 5- Walk 2 miles**
- Week 6- Walk for 30 minutes**
- Week 7- Walk 2.5 miles**
- Week 8- Walk for 35 minutes**
- Week 9- Walk 2.5 miles**
- Week 10- Walk for 35 minutes**
- Week 11- Walk 2.75 miles**
- Week 12- Walk for 35 minutes**
- Week 13- Walk 2.75 miles**
- Week 14- Walk for 35 minutes**
- Week 15- Walk 2.75 miles**