

NOVA COLLEGE-WIDE COURSE CONTENT SUMMARY PED 117 – FITNESS WALKING (1 CR.)

Course Description

Teaches content and skills needed to design, implement, and evaluate an individualized program of walking, based upon fitness level. Lecture 0.5 hour. Laboratory 1 hour per week. Total 1.5 hours per week.

General Course Purpose

This health-related physical activity course will teach students to engage in a low-cost highly effective method to increase cardiorespiratory endurance, and muscle strength and endurance functioning.

Course Prerequisites/Corequisites

All students must have a basic ability to read, write and speak English. The course requires the ability to participate in physical activities including walking, running, stretching, and lifting pushing or pulling weights. Modifications will be made for students who have a Memorandum of Accommodation (MOA) from Disabilities Services if the MOA indicates that an adapted physical program is required. The student can present the MOA at any time during the semester; but the adapted services are not effective until the MOA is provided to the instructor. For more information and eligibility, contact Disability Services at <http://www.nvcc.edu/current-students/disability-services/index.html>.

Course Objectives

Upon completing the course, the student will be able to:

- a) Describe how walking influences the cardiorespiratory system, the musculoskeletal system, and body composition.
- b) Assess baseline personal aerobic capacity and conduct periodic update assessments.
- c) Compute personal target heart rate zone.
- d) Design a personal walking fitness program.
- e) Correctly perform walking activities appropriate to one's age and physical condition.

Major Topics to be Included

- a) Warm-ups, workouts, cool-downs, stretching
- b) Periodization
- c) Exercise guidelines for special populations
- d) Proper footwear and clothing
- e) Safety for outdoor and indoor activity
- f) Treadmill walking