



Syllabus: WALK 41: Walking Fitness

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Course Learning Outcomes

- Demonstrate competency in a variety of motor skills and movement patterns.
- Apply knowledge of concepts, principles, strategies and tactics related to movement and performance.
- Achieve and maintain a health-enhancing level of physical activity and fitness.
- Exhibit responsible personal and social behavior that respects self and others.
- Recognize the value of physical activity for health, enjoyment, challenge, self-expression, and social interaction.

Important Notice

Before beginning any exercise program, consult your doctor. Participants and their legal guardians understand and acknowledge that participation in any exercise program or related activity carries with it inherent dangers that may result in personal injury or even death. Participants and their legal guardians assume complete responsibility to (a) consult with a physician to ensure that there are no health-related reasons or problems which would preclude or restrict the participant's participation in a particular exercise program or related activity and (b) procure adequate health insurance necessary to provide for and pay any medical costs that

may directly or indirectly result from such participation. Accordingly, participants and their legal guardians assume all responsibility and risk associated with any participation in any exercise program or related activity.

Course Materials

For this course, you will need comfortable workout clothing and walking shoes.

Assignments

Summary: 4 computer-graded assignments; 4 instructor-graded submissions

Unit Quizzes	20%
Goals Assignment	5%
Nutrition Improvement Assignment	5%
Sport Community Assignment	5%
Workout Log	50%
Final Exam	15%

The Physical Activity Assignment requires a workout log tracking 45 days of walking over a period of (usually) 15 to 24 weeks. Keep in mind that **you cannot complete this course in less than 7 weeks**. Start early! Go read the Physical Activity Assignment instructions so you know what to expect. Also, **you must pass this assignment to receive course credit**.

Exams

The final exam is comprehensive and consists of about 40 multiple-choice questions.

Grading

Grading Scale	
A	93–100%
A–	90–92%
B+	87–89%
B	83–86%
B–	80–82%
C+	77–79%
C	73–76%
C–	70–72%
D+	67–69%
D	63–66%
D–	60–62%
E (fail)	0–59%

Other Resources

There is a course discussion board at the end of the course. The discussion board is designed for students to connect, discuss course-related matters, and share ideas with each other.