

Walk for Fitness

Syllabus



Course Description

This course is designed to get you exercising. Additionally, you will learn about a few other principles of health and activity. As you gain understanding and apply what you learn in this course, we are confident you will experience some of the health benefits of walking, as well as the pleasure of doing something challenging and seeing improvements in performance as a result. A healthy lifestyle would include walking 5-6 days /week. For this course, you should plan to walk for a minimum of 45 days. (3 days/week for 15 weeks). Remember that you may walk more often, based on your personal fitness goals.

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.

Participating with Disabilities

Students with disabilities may still be able to participate successfully in this course.

► *View the syllabus inside the course for more details.*

Prerequisites

There are no prerequisites for this course.

Course Materials

All the materials you need are included in the course. You do not have to buy any additional textbooks.

Be sure to download the course Fitness Journal as instructed in Module 1. The Fitness Journal is where you will record all fitness data, and answer reflection questions.

You will submit your Fitness Journal at 4 points in the course. Each time you submit the Fitness Journal, a parent or guardian will certify that the work submitted is your (the student's) work, with their signature and date.



Course Learning Outcomes

By the end of this course, you will be able to:

1. Recognize the value of physical activity for health, enjoyment, challenge, self-expression, and social interaction.
2. Take responsibility for personal fitness habits for a healthy lifestyle.
3. Participate in a walking exercise plan and walk a minimum of 45 days.
4. Apply knowledge of concepts, principles, strategies and tactics related to movement and performance.
5. Achieve and maintain a health-enhancing level of physical activity and fitness.
6. Demonstrate competency in a variety of motor skills and movement patterns.
7. Exhibit responsible personal and social behavior that respects self and others.



Grading and Assignments

Your grade in this course will be based on these assignments and exams.

Table of Assignments and Grade Percentages

Assignment or Exam	Grading	Percent of Total Grade
Pretest	[Computer Graded]	0%
Unit Quizzes	[Computer Graded]	10%
Fitness Technique Videos	[Teacher Graded]	25%
Journal Submissions	[Teacher Graded]	50%
Final Reflection Video	[Teacher Graded]	10%
Final Exam	[Computer Graded]	5%

Grade Scale

Your grade in this course will be based on these assignments and exams. Your letter grade will be calculated according to these percentages.

Percent to Letter Grade Calculation

Percent to Letter Grade Calculation	
A	100%–93%
A–	92%–90%
B+	89%–87%
B	86%–83%
B–	82%–80%
C+	79%–77%
C	76%–73%
C–	72%–70%
D+	69%–67%
D	66%–63%
D–	62%–60%
F	59%–0%

Assignments

Physical Activity

This course requires a minimum workout log tracking 45 days of physical activity (*Walking*) throughout the 16-module course. So keep in mind that you cannot complete this course in less than 8 weeks. You are also asked to track other items that will help you to assess your lifestyle and health needs. Start early and work on the reflection journal assignments daily so that you can find success in your coursework.

Fitness Technique Videos

Please Note: Your confidentiality is most important to us. Only your instructor will view your video, for verification of work completed, and for grading. Your instructor is your success coach to cheer you on, and guide you with feedback on healthy helps for technique, so you reap the benefits while avoiding injury. Remember that there is a low-impact activity for every high-impact activity. Just do your best. This course is about you, your personal fitness goals, and your own progress.

Reflection Journal

Your reflection journal is where you will track your daily walking sessions and answer question prompts. To pass this course, you should have documented a minimum of 45 days of walking. (3 days/week for 15 weeks). All journal prompts are to help you think about fitness ideas and how you are taking responsibility for your own health. You will submit your reflection journal at the end of modules 4, 8, 12, and 15. Your responses should reflect thoughtful consideration. Some of the journal prompts ask you to reflect on the Attribute (responsibility) focused on in this course. Use these opportunities to celebrate your successes as you take responsibility for your health and fitness.

Final Video Reflection

You will complete a Final Video Reflection. This is a short video that includes 10 short prompts. A good way to prepare is to answer the prompts on paper and then read the responses on your video. This is a great opportunity to talk about the challenges you have overcome or are still struggling with and to celebrate your successes, no matter how small.

Instructor-Graded Activities

This course includes various activities that will be graded by the instructor. You will submit these activities using the file upload function of the learning management system. These activities will allow you to customize your learning and responses. They will include fitness reflection journals, video submissions, and other assignments that require interpretation and analysis.



Knowledge

Knowledge: Walking for Fitness

In this course, knowledge refers to the subject matter and content you will learn while taking this course.



21st Century Skill: Critical Thinking—Interpretation & Analysis

As you complete the assignments for this course, you will be gaining skills in Interpretation & Analysis. This skill is part of Critical Thinking. If you reach the target competency in this skill, you will earn a 21st Century Skills micro-credential or digital badge. This micro-credential can be shared on social media, included on your resume, and discussed on college or job applications. Micro-credentials are an effective way to share your skills with prospective employers.



Attributes

Attribute: Responsibility

This course focuses on developing the attribute of responsibility in the context of Walking for Fitness. As you take this course, you will participate in activities that will help you to become more aware of how you can be more responsible, practice responsibility, and reflect on the why behind being responsible. As you work throughout the lessons, you will reflect on different scenarios that pertain to responsibility.
