



El Camino College
COURSE OUTLINE OF RECORD – Approved

I. GENERAL COURSE INFORMATION

Subject and Number: Physical Education 2B
Descriptive Title: Power Walking for Fitness
Course Disciplines: Physical Education
Division: Health Sciences and Athletics

Catalog Description:

This course is designed to provide a higher endurance and increased level of aerobic fitness through power walking. Students will participate in high intensity walks that include longer duration and distance. Conditioning programs will emphasize development of endurance, strength, flexibility, progressive increases in caloric expenditure, and improvements in body composition. Topics will include advanced walking strategies, equipment and safety, and the ability to construct effective walking programs for continued benefit.

Conditions of Enrollment:

Recommended Preparation: Physical Education 2A

Course Length: Full Term Other (Specify number of weeks):
Hours Lecture: 0 hours per week TBA
Hours Laboratory: 3.00 hours per week TBA
Course Units: 1.00

Grading Method: Letter
Credit Status: Associate Degree Credit

Transfer CSU: **Effective Date:**
Transfer UC: No

General Education:

El Camino College: Area 5 – Health and Physical Education

CSU GE:

IGETC:

II. OUTCOMES AND OBJECTIVES

COURSE STUDENT LEARNING OUTCOMES (The course student learning outcomes are listed below, along with a representative assessment method for each. Student learning outcomes are not subject to review, revision or approval by the College Curriculum Committee)

1. Students will demonstrate improvement in their physical fitness through an individualized power-walking program.
2. Students will utilize exercise-training heart rates to monitor exercise.
3. Students will demonstrate and explain the value of proper warm-up, stretching and cool down.

The above SLOs were the most recent available SLOs at the time of course review. For the most current SLO statements, visit the El Camino College SLO webpage at <http://www.elcamino.edu/academics/slo/>.

B. Course Student Learning Objectives (The major learning objective for students enrolled in this course are listed below, along with a representative assessment method for each)

1. Identify and implement proper hydration techniques.
 - Class Performance
2. Design and execute a personal cardiovascular activity program.
 - Class Performance
3. Explain safe walking practices, including the importance of proper equipment.
 - Class Performance
4. Assess personal habits and establish short and long-term goals in fitness.
 - Class Performance

III. OUTLINE OF SUBJECT MATTER (Topics are detailed enough to enable a qualified instructor to determine the major areas that should be covered as well as ensure consistency from instructor to instructor and semester to semester.)

Lecture or Lab	Approximate Hours	Topic Number	Major Topic
Lab	3	I	Course Orientation A. Fitness assessments B. Individual fitness goals C. Understanding intensity target heart rate zones D. Record keeping - Journal
Lab	5	II	Pre and Post workout Conditioning A. Warm-up B. Stretching C. Cool down
Lab	5	III	Injury Prevention A. Proper stretching B. Proper Equipment C. Proper Nutrition D. Hydration E. Environmental factors

Lab	3	IV	Caloric Expenditure A. Nutrition Intake B. Walking Speed C. Distance
Lab	33	V	Aerobic Fitness through Power Walking A. Enhanced conditioning and elevated assessment B. High-intensity walking C. Increasing duration and distance
Lab	5	VI	Five Components of Fitness A. Muscular strength B. Muscular endurance C. Cardio-respiratory endurance D. Flexibility E. Body composition
Total Lecture Hours		0	
Total Laboratory Hours		54	
Total Hours		54	

IV . PRIMARY METHODS OF EVALUATION AND SAMPLE ASSIGNMENTS

A. PRIMARY METHOD OF EVALUATION

Skills demonstrations

B. TYPICAL ASSIGNMENT USING PRIMARY METHOD OF EVALUATION

Demonstrate proper body mechanics and speed during power walking to ensure maximum caloric expenditure with minimal risk of injury.

C. COLLEGE LEVEL CRITICAL THINKING ASSIGNMENTS

1. Discuss various diets in terms of meeting overall nutritional needs and specific needs for power walkers.
2. Describe and demonstrate the correct method for performing the warm-up, cool-down and typical stretching exercises for power walking.

D. OTHER TYPICAL ASSESSMENT AND EVALUATION METHODS

Performance Exams
Presentation
Other (specify)
Journal

V. INSTRUCTIONAL METHODS

Lab
Discussion
Demonstration

Note: In compliance with Board Policies 1600 and 3410, Title 5 California Code of Regulations, the Rehabilitation Act of 1973, and Sections 504 and 508 of the Americans with Disabilities Act, instructional delivery shall provide access, full inclusion, and effective communication for students with disabilities.

VI. WORK OUTSIDE OF CLASS

Course is lab only - minimum required hours satisfied by scheduled lab time

Estimated Study Hours Per Week:

VII. TEXTS AND MATERIALS

- A. UP-TO-DATE REPRESENTATIVE TEXTBOOKS
- B. REQUIRED TEXTS (title, author, publisher, year)
- C. REQUIRED SUPPLEMENTARY READINGS
- D. OTHER REQUIRED MATERIALS

VIII. CONDITIONS OF ENROLLMENT

A. **Requisite/s (Course and Non-Course Prerequisite/s and Corequisite/s).** Add rows as needed.

Requisites	Category and Justification

B. **Requisite Skills - Match skills from prerequisite course/s or non-course prerequisites without which a student would be "highly unlikely to succeed."**

Requisite Skills – Matching

C. **Recommended Preparations (Course and Non-Course)** Add rows as needed.

Recommended Preparation	Category and Justification

D. **Recommended Skills. Match skills from recommended courses or non-course prerequisite that would "enhance a students' ability to succeed in the courses".**

Recommended Skills – Matching
Demonstrate proper walking gait and the ability to assess changes in resting, training and recovery heart rates.
PE 2A - Identify general components of normal walking gait.
PE 2A - Assess changes in resting, training, and recovery heart rates as they relate to the aerobic conditioning process.

E. **Enrollment Limitations**

Enrollment Limitations and Category	Enrollment Limitations Impact

Course created by: Tom Hicks, Fall 2019

BOARD APPROVAL DATE: 12/16/2019

LAST BOARD APPROVAL DATE: