

Minnesota State University Moorhead

PE 109: Walking Fitness

A. COURSE DESCRIPTION

Credits: 1

Lecture Hours/Week: 1

Lab Hours/Week: *.*

OJT Hours/Week: *.*

Prerequisites: None

Corequisites: None

MnTC Goals: None

Walking Fitness is an activity course designed to help participants learn about the benefits of walking, explain how walking can be a part of a safe and realistic fitness plan, and discuss how to maintain or improve their fitness level by walking.

B. COURSE EFFECTIVE DATES: 05/18/2001 - Present

C. OUTLINE OF MAJOR CONTENT AREAS

1. Proper techniques to incorporate walking into a fitness routine.

D. LEARNING OUTCOMES (General)

1. Participants will demonstrate proper walking technique and safety.
2. Understand the role that walking/running plays in complete fitness.
3. Demonstrate use of technology such as a pedometer or heart rate monitor when designing a walking program.
4. Participate in a walking/running program that best meets the individual's needs. Improve physical fitness through progress made in muscle strength, muscle endurance and flexibility.

E. Minnesota Transfer Curriculum Goal Area(s) and Competencies

None

F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

G. SPECIAL INFORMATION

None noted