GROSSMONT COLLEGE

Official Course Outline

EXERCISE SCIENCE 007C – ADVANCED AEROBIC WALKING FOR FITNESS AND WELLNESS

1. Course Number Course Title Semester Units Semester Hours

ES 007C Advanced Aerobic Walking 1.5 1 hour lecture

for Fitness and Wellness 2 hours laboratory

2. Course Prerequisites

None.

Corequisite

None.

Recommended Preparation

A “C” grade or higher or “Pass” in ES 007B or equivalent or specified skill competencies.

3. Catalog Description

A continuation of ES 007B emphasizing advanced level fitness walking techniques at high intensity and longer duration to increase cardiovascular fitness and endurance to an advanced level. Students will also analyze the impact of high intensity aerobic walking and increased duration on other fitness parameters such as muscle endurance and body composition. Principles of physical fitness, conditioning and other relevant health-related topics will also be covered.

4. Course Objectives

The student will:

a. Increase intensity and duration using advanced level aerobic walking techniques.

b. Develop sufficient advanced training effects in order to experience the impact of body maintenance on productivity, self-image and stress reduction.

c. Recall, analyze, discuss and practice the functional aspects of an advanced level of physical fitness necessary to maintain the health and vigor of his/her body for a lifetime.

d. Identify and explain the relevance of target heart rate and recovery heart rates in the conditioning process and monitor those heart rate levels.

e. Analyze and evaluate advanced level exercise performance by increasing intensity and duration of fitness walking.

f. Achieve advanced level improvements in time between pre-, mid-, and post-semester assessments in the 1.5 mile walk.

g. Demonstrate knowledge of various aspects and principles of physical fitness, wellness and healthy lifestyle choices.

5. Instructional Facilities

a. Track.

b. Supplemental aerobic routes.

6. Special Materials Required of Student

1. Appropriate fitness attire, including shoes designed for fitness walking.
2. Water bottle.
3. Internet access

EXERCISE SCIENCE 007C – ADVANCED AEROBIC WALKING FOR FITNESS AND WELLNESS page 2

7. Course Content

1. Advanced techniques of fitness walking which may include race walking, Olympic walking.
2. Discussion of advanced warm-up techniques and safety.
3. Discussion of changing hydration needs in response to increased intensity and duration of exercise as well as increases in air temperature.
4. Discussion of physiological parameters of an advanced walking/conditioning program.
5. Assessment of body conditions and limitations.
6. Development of an advanced-level personalized walking program.
7. Lecture/discussions on relevant topics including the principles of physical fitness, conditioning, nutrition, weight control, exercise safety, and other factors critical to a healthful lifestyle.
8. Injury prevention and treatment.
9. Discussion of psychological effects of fitness and wellness.

8. Method of Instruction

1. Lecture.
2. Demonstration.
3. Practice and participation.
4. Pre-, mid-, and post-semester physical performance assessment at an advanced level.
5. Instructor led exercises.

9. Methods of Evaluating Student Performance

a. Pre- and post- testing of advanced level aerobic fitness.

b. Written tests including a final.

c. Participation in activity and discussions.

d. Outside writing assignments.

10. Outside Class Assignments

1. Textbook reading as assigned.
2. Research project or other outside writing assignment.
3. Inclusion of at least 1 additional day of prescribed exercise to meet minimum frequency standards needed to gain fitness.

11. Texts

a. Required Text(s):

Exercise Science and Wellness Department. The Way to a Long and Healthy Life. El Cajon, CA: Grossmont College, 6th edition, 2012.

b. Supplementary texts and workbooks:

Instructor's materials.

Addendum: Student Learning Outcomes

Upon completion of this course, our students will be able to do the following:

1. Demonstrate knowledge, physical fitness level, skills and appreciation of aerobic walking at the advanced level.
2. Identify the basic principles for maintaining an active and healthy life.

Date approved by the Governing Board: May 21, 2013