

Florida Atlantic University
College of Education
Department of Exercise Science & Health Promotion
Summer 2009

Course: PEM 1148 - Walking
Instructor: Korey Kilsdonk
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Office hours: By appointment only
Email: kkilsdon@fau.edu
Class: **Term 2:** MTWR 10:30-11:45 AM, **Term 3:** MTWR 9:15-10:20 AM, MTWR 10:30-11:45 AM

Course description & objectives: The purpose of this course is to provide you with basic knowledge regarding proper walking technique, training, and overall physical fitness. Several areas will be covered in class including proper clothing/shoes, training techniques, various walking injuries and how to care for them, importance of heart rate, and psychological barriers to walking. Safe walking practices, nutrition and the important role it plays in regards to exercise. Further, this course will emphasize the importance of individual fitness primarily in respect to cardiovascular endurance, however, muscular flexibility and muscular strength will also be emphasized.

Objectives:

1. Acquire knowledge of the benefits of cardiorespiratory fitness and proper diet.
 2. Learn the importance and proper implementation of proper walking programs and training techniques.
- Demonstrate correct walking form and knowledge of training terminology.
3. Select and care for proper walking equipment, particularly shoes.
 4. Physically improve walking times and distances and construct a proper training schedule according to one's goals.
 5. Have a positive experience walking, as well as encourage a lifetime pursuit of the activity.
 6. Know safety measures and considerations and general prevention and treatment of injuries.
 7. Know the common courtesy considerations to keep in mind during normal walking activities and the influence of environmental factors on health and safety.

Prerequisites: *There are NO prerequisites for this class.*

Dress: Comfortable, but suitable clothing is required (e.g., t-shirts, shorts, sweats, walking shoes). No work boots, loafers, or open-toed footwear is allowed during the daily activities. Failure to bring proper attire for class will result in a class absence for that day. Additionally, during the classroom/lecture portion of the class, students are required to wear shirts with sleeves. No tank tops or sports bras are allowed during lecture.

EQUIPMENT REQUIRED FOR CLASS

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|------------------|---------------------------------|-------------------------|
| 1. Walking shoes | 3. Pen/pencil | 5. Stopwatch/timekeeper |
| 2. Notebook | 4. Water bottle if at the track | |

The above items are REQUIRED FOR EACH CLASS. DO NOT bring anything valuable to class. We are not always with our backpacks/bags. If you do bring cell phones/beepers to class (which you shouldn't but I know some of you will), they MUST be turned off. If I hear a cell phone or beeper going off while I'm giving the lecture, you will be asked to leave the class and will be counted absent for that day. If your cell phone is one or used during the activity portion of class, there will be a deduction in participation points.

Note: In accordance with university policy, all cell phones and beepers must be turned off during class time.

In compliance with the Americans with Disabilities Act (ADA), students who require special accommodations due to a disability to properly execute coursework must register with the Office for Students with Disabilities (OSD) located in Boca Raton - SU 133 (561-297-3880), in Davie - MOD I (954-236-1222), in Jupiter - SR 117 (561-799-8585), or at the Treasure Coast - CO 128 (772-873-3305), and follow all OSD procedures.

Students at Florida Atlantic University are expected to maintain the highest ethical standards. Academic dishonesty, including cheating and plagiarism, is considered a serious breach of these ethical standards, because it interferes with the University mission to provide a high quality education in which no student enjoys an unfair advantage over any other. Academic dishonesty is also destructive of the University community, which is grounded in a system of mutual trust and places high value on personal integrity and individual responsibility. Harsh penalties are associated with academic dishonesty. For more information, see http://www.fau.edu/regulations/chapter4/4.001_Honor_Code.pdf.

Schedule of deadlines: See tentative lecture schedule.

Class Discussion procedures: First and foremost it is important to remember that everyone should have an opinion and you should not criticize someone, even if it is not correct. In responding to the discussion question, please go beyond just agreeing or disagreeing with the line of the question and provide specific support for your response. There may not be a “right” answer for all the questions, so do a little thinking and gather your supporting evidence.

Attendance requirements:

1. Attendance will be taken within the first five (5) minutes of class, and if the student is late, it is his or her responsibility to inform the instructor of his presence to avoid the absence.
2. The instructor also reserves the right to take attendance at the end of class. If the student has left the class early, this is equivalent to a late arrival or absence at the instructor’s discretion.
3. Two (2) late arrivals and/or (2) early departures = one (1) absence.
4. Attendance: Because this class is considered a lab class by the university, attendance is mandatory. Penalty for missing a class is as follows:

- 1st absence – NO point deduction
- 2nd absence = NO point deduction
- 3rd absence = 5% deduction (max grade in the class 95%)
- 4th absence = 5% deduction (max grade in the class 90%)
- 5th absence = 5% deduction (max grade in the class 85%)
- 6th absence = 10% deduction (max grade in the class 75%)
- 7th absence = 10% deduction (max grade in the class 65% - Failure will result)

5. Rainy days – Attendance is still mandatory. Alternative activities may be planned on these days, therefore wear workout clothes for every class. INCLEMENT WEATHER = COME TO CLASS

6. Attendance – Because this class is considered a lab class by the University, attendance is mandatory. Two tardies or two early departures equals one absence. Any absence notes should be turned in by the next class meeting you attend. Documentation must be turned in a week before the last class meeting.

7. Attitude – If a student refuses to properly follow directions, refuses to perform assigned physical activities, disrupts class, whines, is disrespectful to the instructor or other students, or is generally uncooperative, the instructor reserves the right to take away attitude points. The instructor will immediately inform the student of the grade reduction as well as the magnitude of the grade reduction.

Explanation of evaluation process:

- 1) There will be three tests, on the chapters in the book and lecture materials, each worth 100 points. The third test will be during exam week. There are no exam make-ups. (Total tests=300 points).
- 2) There will be two papers (20 points each) due in this class. Each paper is a two to three page project on a specific aspect related to walking. The first is an evaluation of your progress with the workout plan and a plan for improvement. The second is on walking/fitness shoes. The grading for these papers can be found in the paper grading rubric below. The second paper must have a minimum of three references and a hard copy turned in. Papers that are e-mailed will not be accepted. (40 points=340 total points).
- 3) There will be three fitness assessments: Start of class, mid-term, and end of the semester. Each Assessment is worth 20 points. (60 points= 400 total points).

- 4) Attendance/participation is worth 100 points. There will be scheduled workouts each day and failure to participate in the workouts will result in a deduction from the participation grade. (100 points= 500 total points).
- 5) Notebook or log – Everyone is to keep a notebook of the time and distance covered during the activity portion of the class. Failure to turn in a completed notebook/log is a 50 point deduction.
- 6) Total points for the course is 500 points.

Paper Grading Rubric: 20 points

Content	4 Points	3 Points	2 Points	1 Point	0 Points
Topic Developed	Excellent development of the topic with multiple support (>3) other published research findings.	Good development of the topic with some support (2-3) published research findings.	Average development of the topic with (<2) supported published research findings.	Fair development of the topic with (<2) supported published research findings.	No development of the topic and 0 supported published research findings.
Discussion of the Topic	Excellent discussion with multiple support (>3) other published research findings.	Good discussion of the topic with some support (2-3) published research findings.	Average discussion of the topic with (<2) supported published research findings.	Fair discussion of the topic with (<2) supported research findings.	No development of the topic and 0 supported published research findings.
Spelling	No spelling errors.	1 spelling errors.	2 spelling errors.	3 spelling errors.	More than 3 spelling errors.
Grammar & Punctuation	No grammar or punctuation errors	1 grammar punctuation errors	2 grammar or punctuation errors	3 grammar or punctuation errors	More than 3 grammar or punctuation errors
References	Correctly formatted and cited	1 error in formatting or citing	2 errors in formatting or citing	3 errors in formatting or citing	More than 3 on formatting or citing

Explanation of how point totals equate to letter grades:

Here is the grading breakdown:

A = 93-100 (>=465), A- = 90-92.99 (450-464), B+ = 87-89.99 (435-449), B = 83-86.99 (415-434), B- = 80-82.99 (400-414), C+ = 77-79.99 (385-399), C = 73-76.99 (365-384), C- = 70-72.99 (350-364), D+ = 67-69.99 (335-349), D = 63-66.99 (315-334), D- = 60-62.99 (300-314), F < 60 (<300)

Course Policies:

- Grading Policy – See above
- Attendance policy – Attendance is required for this class.
- Late work policy – a 5% penalty per day for all late assignments. Plan ahead and do not wait until the last minute to get your work finished.
- Academic Integrity Code Statement (Plagiarism, etc.). Any plagiarism or cheating will result in a zero for that assignment and notification to registrar and Dean of Students. Written Assignments will be checked for plagiarism with Turnitin software.
- Extra Credit policy – There are opportunities with each chapter exam, mid-term and final, and participation with the chapter discussion questions.

➤ Required texts: The required text for this course is: Fitness Walking, 2nd Ed. Iknoian, Theresa, Human Kinetics, ISBN-13: 978-0-7360-5608-3.

Organizations & Newsletter & Websites: The World Wide Web provides a new area where information can easily be attained, but some websites do change their addresses (URL) or completely disappear. Hopefully most of the sites listed below will still be around, but if not use your search engine to find a new site.

- American Running and Fitness Association, 1150 S. Washington Street, #250, Alexandria, VA 22314. (1-800-776-2732) Web: <http://www.rca.org>
- American Volkssport Association
- Walking Association
- National Association of Mall Walkers
- International Walking Society
- The Walking Magazine: www.walkingmag.com
- The Rockport Company: www.rockport.com
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Walking Class Term 2 Schedule for Summer 2009

Week 1	May 11 th	Syllabus and Informed Consent Forms
	May 12 th	Aerobic Activity Fitness Test #1
	May 13 th	Lecture #1 Ch. 1-6 in Classroom
	May 14 th	Aerobic Activity
Week 2	May 18 th	Aerobic Activity
	May 19 th	Aerobic Activity
	May 20 th	Aerobic Activity
	May 21 st	AA Paper #1 due Evaluation of walking
Week 3	May 25 th	No Class Memorial Day
	May 26 th	Exam # 1 Ch. 1 – 6 in Classroom
	May 27 th	Aerobic Activity
	May 28 th	Aerobic Activity Fitness Test #2
Week 4	June 1 st	Lecture #2 Ch. 7-13 in Classroom
	June 2 nd	Aerobic Activity
	June 3 rd	Aerobic Activity
	June 4 th	Exam #2 in Class room
Week 5	June 8 th	Aerobic Activity
	June 9 th	Aerobic Activity
	June 10 th	AA Paper #2 due, Walking Shoes
	June 11 th	Aerobic Activity
Week 6	June 15 th	Aerobic Activity
	June 16 th	Aerobic Activity Fitness Test #3
	June 17 th	Final Exam Review in Classroom
	June 18 th	Final Exam Comprehensive

Please bring your walking log, a pen/pencil, and a stopwatch to the track every ** Class will meet on the track everyday unless otherwise specified. In case of inclement weather meet in the gymnasium (Arena), alternate activities will be held

Walking Class Term 3 Schedule for Summer 2009

Week 1	June 22 nd	Syllabus and Informed Consent Forms
	June 23 rd	Aerobic Activity Fitness Test #1
	June 24 th	Lecture #1 Ch. 1-6 in Classroom
	June 25 th	Aerobic Activity
Week 2	June 29 th	Aerobic Activity
	June 30 th	Aerobic Activity
	July 1 st	Aerobic Activity
	July 2 nd	AA Paper #1 due Evaluation of walking
Week 3	July 6 th	No Class Memorial Day
	July 7 th	Exam # 1 Ch. 1 – 6 in Classroom
	July 8 th	Aerobic Activity
	July 9 th	Aerobic Activity Fitness Test #2
Week 4	July 13 th	Lecture #2 Ch. 7-13 in Classroom
	July 14 th	Aerobic Activity
	July 15 th	Aerobic Activity
	July 16 th	Exam #2 in Class room
Week 5	July 20 th	Aerobic Activity
	July 21 st	Aerobic Activity
	July 22 nd	AA Paper #2 due, Walking Shoes
	July 23 rd	Aerobic Activity
Week 6	July 27 th	Aerobic Activity
	July 28 th	Aerobic Activity
	July 29 th	Aerobic Activity Fitness Test #3
	July 30 th	Final Exam Review in Classroom
	Aug. 3 rd	Final Exam Comprehensive

Please bring your walking log, a pen/pencil, and a stopwatch to the track every ** Class will meet on the track everyday unless otherwise specified. In case of inclement weather meet in the gymnasium (Arena), alternate activities will be held