

Fitness Walking

1. Philosophy –rationale

The physical education program should provide a wide variety of activities to meet the mental, physical, social and emotional needs, as well as the interests and abilities of all students. The activities are designed to develop positive attitudes, a desire to participate, physical fitness, an appreciation of Lifetime sports, and individual activities.

2. Program Goals

1. To develop positive attitudes toward physical activity.
2. To develop basic understanding and knowledge of various activities and sports.
3. To develop an appreciation of life time activities.
4. To develop a desire to participate in order to maintain physical fitness.
5. To instill desirable social characteristics for future living.
6. To develop positive self-esteem.

3. Course Description

Fitness walking is a complete physical fitness program that combines exercise and fun. It is a co-educational activity that gives the individual the chance to exercise at ones own level while following a well-monitored fitness workout that strengthens your heart and lungs, slims and trims your body and leaves you feeling exhilarated.

1.1 Introduction to fitness walking

- a. Students will receive a brief out line of the physical and psychological benefits of fitness walking.
- b. Students will learn three ways to take their heart rates and will keep an individual target heart rate THR chart throughout the course to objectively measure their effort in class.
- c. Students will learn the method for taking roll, how they will earn their grade, and the procedures for the introduction and closure of the lesson.
- d. Students will walk 20-25 minutes at the track complex and record their target heart rate starting the 2nd week of the unit.
- e. Students will be able to define the Maximum heart rate, Target heart rate, working / exercise heart rate, target heart rate zone. In addition the students will learn positive effect of exercise on the body as well as positive mental characteristics of exercise.
- f. Students will receive a study guide of topics covered in class which will be included in the written exam. Students are expected to study and pass the written exam with a 70% or better.

g. Students will be able to determine their target heart zone by using the maximum heart rate formula.