

Walking Fitness

Carone Learning Category: Lifestyle

Subject: Physical Education

Recommended Grade Level: 9-12

Course Credit: One semester, 0.5 credits (5 units in CA)

Recommended Pre-Requisites: None

Course Description

This course helps students establish a regular walking program for health and fitness. Walking is appropriate for students of all fitness levels and is a great way to maintain a moderately active lifestyle. In addition to reviewing fundamental principles of fitness, students learn about goals and motivation, levels of training, walking mechanics, safety and injury prevention, appropriate attire, walking in the elements, good nutrition and hydration, and effective cross-training. Students take a pre- and post-fitness assessment. Throughout this course students also participate in a weekly fitness program involving walking, as well as elements of resistance training and flexibility.

Units & Tasks

This course is divided into the following Units and Sections. The sections are composed of two numbers, separated by a period. The first number indicates the unit and the second number indicates the section.

- **Course Introduction**
- **Unit 1: Getting Started**
 - 1.1 Fitness Assessment & Analysis
 - 1.2 Getting Started
 - 1.3 Training Plan
 - 1.4 Motivation & Goal Setting
- **Unit 2: Walking Mechanics**
 - 2.1 Warm Up & Cool Down
 - 2.2 Walking Technique
 - 2.3 Principles & Training Zones
- **Unit 3: Safety & Equipment**
 - 3.1 Rules & Safety
 - 3.2 Walking in the Elements
 - 3.3 Walking Shoes & Equipment
- **Unit 4: The Walking Scene**
 - 4.1 Benefits of Walking
 - 4.2 Speed Training & Race Walking
- **Unit 5: Overall Wellness**
 - 5.1 Diet & Exercise
 - 5.2 Cross Training
- **Unit 6: Post Assessment**
 - 6.1 Post Assessment

Walking Fitness

Within each section students will find the following tasks to view or complete:

1. **Game Plan**—an outline of tasks for that section
2. **Lesson**—multimedia online lessons about the section topic
3. **Sprint**—links to other online sites with additional fitness information
4. **Team Huddle***—class discussion on an assigned topic
5. **Assignment***—section assignment
6. **Quiz***—an assessment of your comprehension of the lesson content
7. **Walking Log***—a record of workout sessions for each week

The items noted with an asterisk above are those that must be submitted for a grade.

Pacing

There are 16 sections in this course. Each section is designed to be completed in about one week's time. However, students may take more or less time as needed. A recommended pacing guide is provided within the course.

Exercise Requirements

12 weeks of exercise at 3 hours per week is required for this course. An accelerated course version is available that requires 8 weeks of exercise at 4 hours per week. All fitness logs require at least ONE form of verification, which can be provided by a supervising adult, a MOVband device, or a Polar heart rate monitor.

As this is a walking course, students are required to complete at least 90 minutes of walking or running as part of their weekly exercise. Elements of strength training and stretching are also required. Suggested walking/training programs are provided.

Exercise Library

This course includes complimentary access to Carone Learning's Exercise Library, with pictures, videos, and descriptions of almost 300 exercises. The library is searchable by exercise type, muscle group, or equipment (including resistance bands, weights, exercise balls, or no equipment at all).

Parent & Teacher Guides

Parent and teacher guides available.

Additional Materials

There are no required textbooks or materials for this course. Access to exercise equipment is recommended, but not required. The following equipment is available through Carone Learning,

- Polar Heart Rate Monitor
- MOVband
- Resistance Band

Technical Requirements

Walking Fitness

An internet connection and computer or tablet hardware is required. Software requirements include a PDF reader, word-processing application (such as Word), MP4/video player, and Flash player (optional). Free downloadable software is available for each of these.