

Common Course Outline

PEIA 101

Fitness Walking/Conditioning

1 Semester Credit

The Community College of Baltimore County

Description

Fitness Walking/Conditioning

Introduces the principles of exercise and conditioning through the techniques of walking; presents correct exercise and walking techniques to improve muscle tone and endurance, posture, self-image, flexibility and weight control; develops a healthy attitude and positive commitment toward physical wellness.

Overall Course Objectives

Upon completion of this course the student will be able to:

1. Explain the benefits and advantages of walking as a lifetime fitness activity.
2. Assess pre/post levels of flexibility, percent body fat, muscular strength/endurance, desired weight and body measurements, and cardiovascular efficiency during in-class assignments.
3. Find resting heart rate; monitor heart rate and determine target heart rate for a cardiovascular training effect.
4. Explain current fitness levels and safely design an appropriate walking program.
5. Understand the relationship between diet, exercise, and weight control.
6. Recognize the importance of good posture, flexibility, and strength as components of a well-balanced walking program.
7. Identify contraindications of exercise and exhibit control of exercise movements during class time.
8. Improve their fitness.
9. Understand the value in making specific plans to exercise and recording them.

Major Topics

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| 1. FIT Principles | 4. Contraindicated Exercises |
| 2. Target Heart Rate | 5. Cardiovascular Exercises |
| 3. Flexibility | |

Course Requirements

Students will be required to complete the following minimums:

1. Written Examination
2. Fitness Performance
3. Attendance and Participation
4. An Exercise Log