

CUYAMACA COLLEGE
COURSE OUTLINE OF RECORD

EXERCISE SCIENCE 271 – FITNESS WALKING WITH CHILDREN

1 hour lecture, 1 unit

Catalog Description

Instruction in planning and implementing a walking program for children in a variety of settings. Lifelong fitness activities and walking as a form of appropriate and challenging exercise will be emphasized.

Prerequisite

None

Course Content

- 1) Safety tips
- 2) Tips for inclusion
- 3) Adjusting to the environment
- 4) Benefits of walking
- 5) Caloric expenditure
- 6) Choosing equipment
- 7) FIT principle
- 8) Maintaining healthy body composition
- 9) Maintaining motivation
- 10) Walking games and activities

Course Objectives

Students will be able to:

- 1) Describe how principles learned in class may be applied to improve cardiovascular endurance, muscle strength, muscle endurance, flexibility and body composition (the five basic components of fitness) in children using walking as a primary conditioning activity.
- 2) Demonstrate games for children that combine fitness and problem solving and emphasize cooperation as well as provide opportunities for walking.
- 3) Describe how to set appropriate objectives/goals, potential benefits, and safety tips for use while fitness walking with children.

Method of Evaluation

A grading system will be established by the instructor and implemented uniformly. Grades will be based on demonstrated proficiency in subject matter determined by multiple measurements for evaluation, one of which must be written essay exams, skills demonstration or, where appropriate, the symbol system.

- 1) Quizzes and exams that measure students' ability to identify, explain, describe and/or provide examples of fitness principles and strategies that can improve the health and well-being of children within the context of walking activities.
- 2) Objective skills testing that measures students' proficiency in performing and instructing appropriate exercises and activities for children.

Special Materials Required of Student

None

Minimum Instructional Facilities

Smart classroom

Method of Instruction

- 1) Lecture and discussion
- 2) Online assignments

Out-of-Class Assignments

- 1) Assigned readings
- 2) Lesson plans
- 3) Review of research articles

Texts and References

- 1) Required: None
- 2) Supplemental (optional): Davis, Kathryn. *Fitness Walking Everyone*. 3rd edition. Hunter Textbooks, 2013.

Student Learning Outcomes

Upon successful completion of this course, students will be able to:

- 1) Describe ways to incorporate fitness walking into a healthy lifestyle for children.
- 2) Demonstrate the ability to set up, program, and use a pedometer to monitor daily fitness walking.