

# Minnesota State College Southeast

## HLTH 1125: Fitness Walking

### A. COURSE DESCRIPTION

Credits: 1

Lecture Hours/Week: 1

Lab Hours/Week: \*.\*

OJT Hours/Week: \*.\*

Prerequisites: None

Corequisites: None

MnTC Goals: None

This course is an introduction to walking as a lifelong activity for fitness. It will provide students with a moderate level of physical activity in the form of fitness walking. Topics include the benefits of walking to maintain or enhance personal fitness and wellness, aerobic conditioning, motivation, walking for weight management, and developing personal fitness goals and plans. (Prerequisite: none) (1 credit: 1 lecture/0 lab)

**B. COURSE EFFECTIVE DATES:** 02/02/2017 - Present

### C. OUTLINE OF MAJOR CONTENT AREAS

1. Health benefits of fitness walking
2. Personal goal setting in relation to fitness walking
3. Components of fitness walking as a life-long fitness activity
4. Engaging in fitness walking

### D. LEARNING OUTCOMES (General)

1. Identify health benefits fitness walking can provide
2. Develop safe and realistic personal goals for fitness walking
3. Maintain or improve fitness levels through walking
4. Explore other components of fitness walking programs such as aerobic walking, target heart rates and monitoring heart rate, walking techniques, motivational components, weight management, and clothing/ footwear considerations
5. Participate in group and individual fitness walks in and out of class
6. Create and maintain a personal walking log (number of steps, miles, minutes walked, etc.)

### E. Minnesota Transfer Curriculum Goal Area(s) and Competencies

None

### F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

### G. SPECIAL INFORMATION

None noted