

# Minnesota State University Moorhead

## PE 109: Walking Fitness

### A. COURSE DESCRIPTION

Credits: 1

Lecture Hours/Week: 1

Lab Hours/Week: 0

OJT Hours/Week: \*.\*

Prerequisites: None

Corequisites: None

MnTC Goals: None

Walking Fitness is an activity course designed to help participants learn about the benefits of walking, explain how walking can be a part of a safe and realistic fitness plan, and discuss how to maintain or improve their fitness level by walking.

**B. COURSE EFFECTIVE DATES:** 05/18/2001 - Present

### C. OUTLINE OF MAJOR CONTENT AREAS

1. Proper techniques to incorporate walking into a fitness routine.

### D. LEARNING OUTCOMES (General)

1. Participants will demonstrate proper walking technique and safety.
2. Understand the role that walking/running plays in complete fitness.
3. Demonstrate use of technology such as a pedometer or heart rate monitor when designing a walking program.
4. Participate in a walking/running program that best meets the individual's needs. Improve physical fitness through progress made in muscle strength, muscle endurance and flexibility.

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

None

### F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

### G. SPECIAL INFORMATION

None noted