

Cerro Coso College
Course Outline of Record Report
10/07/2021

PHEDC132 : Wellness Walking II

General Information

Author:	-
Course Code (CB01) :	PHEDC132
Course Title (CB02) :	Wellness Walking II
Department:	Physical Education
Proposal Start:	Fall 2013
TOP Code (CB03) :	(0835.00) Physical Education
SAM Code (CB09) :	Non-occupational
Distance Education Approved:	Yes
Course Control Number (CB00) :	CCC000199935
Curriculum Committee Approval Date:	04/12/2013
Board of Trustees Approval Date:	06/13/2013
External Review Approval Date:	06/13/2013
Course Description:	This course is designed to build cardio-respiratory stamina and endurance, attack excessive weight, relieve psychological tension, and enhance one's sense of well being, using a definitive and strenuous walking plan. This walking program consists of activity alternating from a slow to a vigorous pace.
Submission Type:	New Course
Author:	No value

Faculty Minimum Qualifications

Master Discipline Preferred:	<ul style="list-style-type: none">Physical Education
Alternate Master Discipline Preferred:	<ul style="list-style-type: none">Physical Education
Bachelors or Associates Discipline Preferred:	No value
Additional Bachelors or Associates Discipline Preferred:	No value

Course Development Options

Basic Skills Status (CB08) Course is not a basic skills course.	Course Special Class Status (CB13) Course is not a special class.	Grade Options <ul style="list-style-type: none">Letter Grade MethodsPass/No Pass
<input type="checkbox"/> Allow Students to Gain Credit by Exam/Challenge	Allowed Number of Retakes 0	Course Prior To College Level (CB21) Not applicable.

Rationale For Credit By Exam/Challenge

No value

Retake Policy Description

Type:|Non-Repeatable Credit

 Allow Students To Audit Course**Course Support Course Status (CB26)**

No value

Associated Programs Course is part of a program (CB24)**Associated Program**

No value

Award Type

No value

Active**Transferability & Gen. Ed. Options****Course General Education Status (CB25)**

No value

Transferability

Transferable to both UC and CSU

Transferability Status

Approved

Cerro Coso General Education Requirements

Area 7.2

CategoriesHealth & Wellness
Activity**Status**

Approved

Approval Date

No value

Comparable Course

No Comparable Course defined.

CSU General Education Certification

Area E.2

CategoriesLifelong Learning
& Self-
Development
Activity**Status**

Approved

Approval Date

No value

Comparable Course

No Comparable Course defined.

Units and Hours:**Summary****Minimum Credit Units (CB07)**

1

Maximum Credit Units (CB06)

1

Total Course In-Class (Contact) Hours

54

Total Course Out-of-Class Hours

0

Total Student Learning Hours 54

Faculty Load 0

Credit / Non-Credit Options

Course Credit Status (CB04)

Credit - Degree Applicable

Course Non Credit Category (CB22)

Credit Course.

Non-Credit Characteristic

No Value

Course Classification Status (CB11)

Credit Course.

Variable Credit Course

Funding Agency Category (CB23)

Not Applicable.

Cooperative Work Experience Education Status (CB10)

Weekly Student Hours

	In Class	Out of Class
Lecture Hours	0	0
Laboratory Hours	0	0
Activity Hours	3	0

Course Student Hours

Course Duration (Weeks)	18
Hours per unit divisor	0
Course In-Class (Contact) Hours	
Lecture	0
Laboratory	0
Activity	0
Total	54

Course Out-of-Class Hours

Lecture	0
Laboratory	0
Activity	0
Total	0

Time Commitment Notes for Students

No value

Faculty Load

Extra Duties: 0

Faculty Load: 0

Units and Hours: - Weekly Specialty Hours

Activity Name	Type	In Class	Out of Class
No Value	No Value	No Value	No Value

Pre-requisites, Co-requisites, Anti-requisites and Advisories

No Value

Entrance Skills

Entrance Skills

Description

No value

No value

Limitations on Enrollment

Limitations on Enrollment

Description

No value

No value

Specifications

Methods of Instruction

Methods of Instruction

Other

Rationale

Other Methods: A. Lecture and demonstration of walking topics/skills B. DVD/Video tapes detailing walking techniques C. Discussion D. Two video recording sessions of individual student performance (walking on the CCCC track)

Methods of Instruction

Lecture

Rationale

No value

Methods of Instruction

Discussion

Rationale

No value

Methods of Instruction

Demonstration

Rationale

No value

Assignments

No Value

Methods of Evaluation		Rationale		
Homework		A. Daily record keeping of distances, duration, and before and after exercise heart rate Hand written/typed self evaluation of student's walking technique		
Participation		B. Subjective evaluation of student skills Participation in class activities		
Final Exam		Written final examination		
Equipment				
No Value				
Textbooks				
Author	Title	Publisher	Date	ISBN
	Seiger, L.H. & Hesson, J. . (2004) Walking for Fitness, , McGraw- Hill			
Other Instructional Materials				
No Value				
Materials Fee				
No				

Learning Outcomes and Objectives	
Course Objectives	
No value	
CSLOs	
Demonstrate an overall knowledge of aerobic fitness.	Expected SLO Performance: 70.0
Demonstrate knowledge of the major components of physical fitness.	Expected SLO Performance: 70.0
Identify behaviors associated with optimum health and wellness.	Expected SLO Performance: 70.0
Identify basic nutritional principles.	Expected SLO Performance: 70.0
Develop a walking plan that will improve aerobic fitness	Expected SLO Performance: 70.0
Identify injuries	Expected SLO Performance: 70.0

Define a walking plan for fitness

Expected SLO Performance: 70.0

Demonstrate intermediate walking skills

Expected SLO Performance: 70.0

Outline

Course Outline

A. Cardio protective mechanisms

1. Fat metabolism
2. Lean body mass
3. Blood lipids
4. Blood vessels
5. Blood pressure
6. Heart function

B. Ways to determine aerobic fitness

1. Bench-step test
2. Rockport 1.5 mile walk
3. Heart rate assessment
4. Sub maximal bicycle ergo meter test

C. Nutrition

1. Food guide pyramid
2. Cholesterol
3. Fiber
4. Sugars
5. Unsaturated fats
6. Saturated fats
7. Carbohydrates
8. Fluid intake

D. Effects of aerobic fitness

1. Blood flow
2. Lungs
3. Body Fat
4. Muscle
5. Bone density
6. Connective tissue
7. Stress
8. Physical endurance
9. Psychological

E. Emphasis on walking techniques

1. Body alignment
2. Heel first
3. Heel to toe roll
4. Arm swing
5. Stride length
6. Straightening support leg
7. Adding speed

Delivery Methods and Distance Education

Delivery Method: Please list all that apply -Face to face -Online (purely online no face-to-face contact) -Online with some required face-to-face meetings ("Hybrid") -Online course with on ground testing -iTV – Interactive video = Face to face course with significant

required activities in a distance modality -Other

Face 2 Face

Rigor Statement: Assignments and evaluations should be of the same rigor as those used in the on-ground course. If they are not the same as those noted in the COR on the Methods of Evaluation and out-of-class assignments pages, indicate what the differences are and why they are being used. For instance, if labs, field trips, or site visits are required in the face to face section of this course, how will these requirements be met with the same rigor in the Distance Education section?

No Value

Effective Student-Instructor Contact: Good practice requires both asynchronous and synchronous contact for effective contact. List the methods expected of all instructors teaching the course. -Learning Management System -Discussion Forums -Moodle Message -Other Contact -Chat/Instant Messaging -E-mail -Face-to-face meeting(s) -Newsgroup/Discussion Board -Proctored Exam -Telephone -iTV -Interactive Video -Other (specify)

No Value

Software and Equipment: What additional software or hardware, if any, is required for this course purely because of its delivery mode? How is technical support to be provided?

No Value

Accessibility: Section 508 of the Rehabilitation Act requires access to the Federal government's electronic and information technology. The law covers all types of electronic and information technology in the Federal sector and is not limited to assistive technologies used by people with disabilities. It applies to all Federal agencies when they develop, procure, maintain, or use such technology. Federal agencies must ensure that this technology is accessible to employees and the public to the extent it does not pose an "undue burden". I am using -iTV—Interactive Video only -Learning management system -Publisher course with learning management system interface.

itv
LMS
publisher

Class Size: Good practice is that section size should be no greater in distance ed modes than in regular face-to-face versions of the course. Will the recommended section size be lower than in on-ground sections? If so, explain why.

No Value