

JAMESTOWN COMMUNITY COLLEGE
State University of New York

INSTITUTIONAL COURSE SYLLABUS

Course Title: Walking for Health

Course Abbreviation and Number: PHE 1780

Credit Hour: 1

Course Type: Lecture/Lab

Course Description: Students will be introduced to topics that educate and encourage students to begin and maintain a safe and effective walking program. The course will encompass concepts and activities that will advance the understanding of the relationship between lifelong physical activities and overall well-being.

No requisites.

Student Learning Outcomes:

Students who demonstrate understanding can:

1. Calculate resting heart rate for one minute.
2. Calculate Target Heart Rate Zone.
3. Define BMI, percentage body fat, and know their personal values for each.

Topics Covered:

- Introduction to proper walking form
- Introduction to the health benefits of a walking program
- Calculate resting heart rate
- Calculate target heart rate for a minute
- Calculate target heart rate range
- Introduction to the F.I. T.T. principle
- Introduction to warm-up and cool-down phases of exercise
- Instruction to the components of health related fitness as it relates to flexibility
- Introduction to abdominal/core strength program
- Introduction to several different walking programs

Information for Students

- Expectations of Students
 - [Civility Statement](#)
 - [Student Responsibility Statement](#)
 - [Academic Integrity Statement](#)
- [Accessibility Services](#)
Students who require accommodations to complete the requirements and expectations of this course because of a disability must make their accommodation requests to the Accessibility Services Coordinator.
- [Get Help: JCC & Community Resources](#)
- [Emergency Closing Procedures](#)
- Course grade is determined by the instructor based on a combination of factors, including but not limited to, homework, quizzes, exams, projects, and participation. Final course grade can be translated into a grade point value according to the following:

A=4.0	B+=3.5	B=3	C+=2.5	C=2	D+=1.5	D=1	F=0
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- Veterans and active duty military personnel with special circumstances (e.g., upcoming deployments, drill requirements, VA appointments) are welcome and encouraged to communicate these to the instructor.

Effective Date: Fall 2022