Objective: To improve one’s cardio-respiratory fitness level by walking, to reduce body fat, to steadily increase duration, frequency and intensity.

Attire: Comfortable clothes, good sneakers. Dress appropriately for weather conditions. Bring water. No cell phones or music will be allowed during class. A watch with a second hand is required.

Assignment: Keep a daily log. This log should be submitted at the end of the semester and will be a substantial component of your grade.

Introduction lecture: Review syllabus, set goals. Determine training heart rate. Discuss proper warm up and cool down.

In times of inclement weather the following lectures will be given.

1. Cardio-respiratory Fitness – What is it? What are the benefits? Calorie burning effect.


3. Injury prevention – Heat stroke, heat exhaustion, heat cramps, muscle aches, shin splints, etc.

4. Flexibility – How to stretch and what to stretch.

5. Behavior Modification
Grade Determination:

Class participation: 70%

Log: 20%

Composition: 10%

More than one absence will result in a loss of 10 points per absence on your final grade. Every student must complete 25 hours of walking. No make-ups will be given.

LOG:

**MODE, INTENSITY, FREQUENCY, DURATION**

Your log should include the following information. Starting and ending weight, blood pressure, pre-heart rate, peak heart rate and recovery rate, training heart rate zone (heart rate reserve), distance, time, frequency, mode, comments and conclusions.

Each walking session should be documented. Your log should include a minimum of three walking sessions per week and any other aerobic activity that you do outside of class.

Each session should include your pre-heart rate, peak heart rate and recovery rate. It should also include your distance and the time it took you to reach that distance. Please include personal comments with each session.

We will start with a 2-mile walk and gradually increase to a 5-mile walk. Do not over dress. Wear layers on cold days that can be removed, hats, scarfs, and gloves. Temperature regulation is important in the warmer weather and you will need water.
COMPOSITION:

Your composition should be on the physiological benefits of aerobic exercise. Include subjects such as: the heart, weight, blood pressure, blood glucose, specific disease improvements and prevention, emotional and mental benefits, etc.

DETERMINING HEART RATE RESERVE OR TRAINING ZONE:

220 MINUS AGE MINUS RESTING HEART RATE X 60% PLUS RESTING HEART RATE

Repeat example based on 75%

Training zone should be between 50% - 65% for fat burning
60% - 75% for cardio-respiratory improvements

Please use contact information on top of syllabus and always communicate any problems you are experiencing concerning physical activity, health, personal challenges, attendance, etc.

Walking schedule:

We will be walking in various locations. If you are absent, please call a classmate to find out where our next meeting is. Arrive on time. We will leave ten minutes after the start of class.

There will be one family day, one dog walking day, and a class picnic. Instructions to follow.

Students should walk in pairs. Walking alone is not recommended.
Schedule: Fall and Spring Classes

Week 1: College Drive
Week 2: Cranberry Bog
Week 3: Wildwood Trail
Week 4: Riverhead
Week 5: Indian Island Park
Week 6: Student choice
Week 7: Our Lady of the Island
Week 8: East Quogue Wildlife
Week 9: Riverhead
Week 10: Tanger Mall
Week 11: Beach
Week 12: College Drive

Order may be switched due to weather conditions

Summer classes will do a total of 16 walks. Some walks may be repeated.