



Course Outcome Summary

Standard Course

HPE 170 Exercise Walking

Course Information

Division	Health Sciences
Contact Hours	2
Theory	2
Lab Hours	30
Total Credits	1

Prerequisites ENGL 090 and RDG 090 or qualifying scores on ACT or COMPASS tests

Course Description

Course content for physical fitness activities will include: selection of clothing, equipment, terminology, basic fundamental skills, and safety. Written and/or skills tests are a part of each course. The purpose of this course is to provide students an opportunity to learn exercise walking skills and the knowledge and understanding of concepts related to those skills. Students will benefit from today's emphasis on lifetime individual sport and recreational activities while receiving one hour elective credit for either their associate's degree or for personal enjoyment. This course is also transferable to many four-year institutions as a P.E. credit for those students seeking a baccalaureate degree.

Course Outcomes

In order to evidence success in this course, students will be able to:

1. Identify/Recognize:
 - a. the four major components of physical fitness
 - b. the relationship between exercise and fitness
 - c. the basic principles of exercise
 - d. rules of safety related to jogging and exercise
 - e. basic nutritional needs for exercise and weight management
 - f. terms and definitions related to exercise and exercise jogging
2. Demonstrate/Practice:
 - a. prompt and regular attendance
 - b. safety rules at all times
 - c. the proper technique and skill of exercise walking
 - d. the selection and establishment of challenging yet reachable semester ending goals through pre- and post-evaluation of exercise walking ability
 - e. ability to assess and demonstrate measurable improvement in the four major components of fitness
3. Believe/Feel/Think:
 - a. that through pre- and post-evaluation, the student's attitude will be evaluated relating to physical fitness and exercise walking
 - b. the positive benefits exercise has on one's health
 - c. a positive attitude and high energy level are essential for success