

**WESTERN NEW MEXICO UNIVERSITY**  
**Department of Wellness and Movement Sciences**  
**Summer, 2003**

Course:	MVSC 103, Walkacise	Prerequisite: MS 100, Lifetime Wellness
Credits:	1	
Instructor:	Dr. June I. Decker	e-mail: <a href="mailto:deckerj@silver.wnmu.edu">deckerj@silver.wnmu.edu</a>
Office:	Brancheau 146	Phone: 538-6224
Hours:	10:00 MTWThF	FAX: 505-538-6209
Required Materials:	Walking Games and Activities, walking shoes, pencil, watch, <i>several</i> exam books or appropriate report folders, 3 x 5 index cards	

**Course Outcomes, Activities, and Assessment**

- Objective 1. You will attain aerobic fitness.  
Activities: aerobic walking  
Assessment: WNMU Fitness Walking Test
- Objective 2. You will be aware of safety precautions to follow when walking.  
Activities: mini-lecture, reading, practice  
Assessment: quiz and test questions
- Objective 3. You will be able to calculate your target heart rate range.  
Activities: mini-lecture, reading, practice, assignment  
Assessment: quiz and test questions, evaluation of assignment
- Objective 4. You will understand how to choose safe walking routes.  
Activities: mini-lecture, reading  
Assessment: quiz and test questions
- Objective 5. You will understand the values of walking as a lifetime fitness activity.  
Activities: mini-lecture, reading, assignment  
Assessment: quiz and test questions, evaluation of assignment
- Objective 6. You will understand how to adjust to various environmental conditions when walking.  
Activities: mini-lecture, reading, practice  
Assessment: quiz and test questions
- Objective 7. You will understand and demonstrate proper fitness walking technique.  
Activities: mini-lecture, reading, partner and self-evaluation assignment  
Assessment: quiz and test questions, evaluation of assignment
- Objective 8. You will understand basic nutrition and body composition control.  
Activities: mini-lecture, reading, assignment  
Assessment: quiz and test questions, evaluation of assignment
- Objective 9. You will understand techniques beneficial in exercise adherence.  
Activities: mini-lecture, reading, assignment  
Assessment: quiz and test questions, evaluation of assignment
- Objective 10. You will understand the equipment necessary for fitness walking.  
Activities: mini-lecture, reading  
Assessment: quiz and test questions
- Objective 11. You will understand each of the components of total wellness and their relationship to each other.  
Activities: mini-lecture, reading, assignment  
Assessment: test and test questions, evaluation of assignment
- Objective 12. You will understand and be able to demonstrate correct racewalking technique.  
Activities: demonstration, practice  
Assessment: teacher observation, test and quiz questions

- Objective 13. You will think critically and reflectively about your own performance.  
Activities: journal recording  
Assessment: evaluation of journal
- Objective 14. You will exhibit college-level writing skills.  
Activities: assignments, journal  
Assessment: evaluation of journal and assignments

## Evaluation

- aerobic fitness--40%  
 evaluated by final performance on the WNMU Fitness Walking Test
 

A+=12:00 and under	C= 15:01-16:00
A= 12:01-12:30	C-=16:01-17:00
A-=12:31-13:00	D+=17:01-18:00
B+=13:01-13:30	D= 18:01-19:00
B =13:31-14:00	D-=19:01-20:00
B-=14:01-14:30	F=20:01 and over
C+=14:31-15:00	
- knowledge--30%  
 evaluated by numerous quizzes and a final exam
- assignments-30%  
 see attached assignment sheet for details

## Grading Scale

A=90% and above	D=60-69%
B=80-89%	F=59% and below
C=70-79%	

If you have no tardies and no unexcused absences, you will receive 3 bonus points on your final grade.

No numbers will be rounded when calculating grades.

## Expectations

- You must wear proper footwear during class. Any type of sport shoe is fine. No slip-ons, boots, or sandals are acceptable. You will not be allowed to participate and will be considered absent on days when you do not wear proper footwear.
- Be aware of and follow safety precautions. Walk facing traffic, and walk within sight of at least one classmate. You are responsible for knowing the whereabouts of the person behind you. No headphones of any type are allowed in class.
- Do not use tobacco or alcohol in class.
- Pagers and cell phones are not allowed in class.
- Please do not eat in class.
- Excused absences are ONLY those approved in advance by the instructor
- All excused absences must be made-up within a week of their occurrence. No unexcused absences may be made up.
- For each tardy except the first, you will receive an unexcused absence.
- You will have 5 points deducted from your final grade for each unexcused absence except the first.
- Please do not bring children to class.
- It is expected that you will display maximum effort during each class period.
- Every reasonable accommodation will be made to assist any student with documented special needs in meeting the academic requirements of all students enrolled in this course. Evidence of special needs must be presented to the instructor no later than the third class meeting.

13. Any academic dishonesty will result in your failing the course.
14. In case of inclement weather, class will be held in the Intramural Gym.

### **Walkacise Assignments**

1. Self-Evaluation Assignments  
The assessment sections of your book contain most of your required assignments. Complete each assignment using correct spelling and proper grammar. Put a paperclip on each page of your book that I should grade, and turn it in at the beginning of class on the proper date. Do not turn in assignments written on anything other than book pages or in your journal when appropriate.
2. Journal  
For each class period, you will write a narrative record of class activities. Information recorded should include all important points covered in class plus your perception of how well you performed the day's activities. You must have a journal entry for each class period. If you are absent your journal should reflect the reasons for your absence. **When you make up an absence, you should record make-up activities in your journal.**

Journals will be graded on completeness of information, grammar, and spelling. For each spelling or grammatical error, five points will be deducted from your grade. However, if you correct the error in your next journal, the points will be restored.

Journals are due the last day of class each week.

Journals are to be written only in your blue examination books.

**ALL ASSIGNMENTS MUST BE SUBMITTED AT THE DESIGNATED TIME. IF YOU'RE GOING TO BE ABSENT ON A DAY WHEN SOMETHING IS DUE, HAVE SOMEONE TURN IN YOUR ASSIGNMENT FOR YOU. YOU MAY ALSO FAX OR E-MAIL ASSIGNMENTS IN CASE OF EMERGENCY. NO LATE ASSIGNMENTS WILL BE ACCEPTED.**

### IMPORTANT WALKACISE DATES

<u>Date</u>	<u>Assignment</u>
6/3	Read p. 10, p. 38, p.40; do p. 11, worksheet
6/4	Read p 17; do p. 19
6/6	Book, journal; worksheet
6/9	Read p. 33; do p. 129 in class
6/10	Read p. 45; do p. 104 in class
6/12	Read p. 20; do p. 21
6/13	Book, journal, worksheet
6/16	Read p.43; do p. 44
6/19	Read pp.24-25; p.26
6/20	Book, journal, worksheet
6/23	Read pp. 29-30; Do pp. 31-32
6/24	Read p.22; Do p. 23
6/27	Book, journal, worksheet
6/30	Read pp. 33-35; do p. 35 in class
7/1	Read p. 36;; do 37
7/2	Walking Test; written test; book, journal, worksheet

