

# HHPA 137 : PROGRESSIVE WALKING

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## Transcript title

Progressive Walking

## Credits

1

## Grading mode

Standard letter grades

## Total contact hours

30

## Other hours

30

## Course Description

A group class designed to prepare and progressively improve cardiovascular fitness through walking. An emphasis will be placed on monitoring intensity through heart rate. All levels of walkers are welcome.

## Course learning outcomes

1. Explain the relationship between human behavior and health.
2. Engage regularly in skills development, safety practices, and fundamentals of walking to develop overall physical fitness and enhance sport activities.
3. Develop SMART goals based on each student's personal vision of wellness which include: physical activity, nutrition, and positive self-image.
4. Describe the benefits of walking as a form of exercise.
5. Articulate the importance of a warm-up before walking and the need for a cool-down and stretches after walking.
6. Calculate and use a personal target heart rate zone to appropriately monitor intensity.
7. Explain proper footwear necessary to minimize injury risk while walking.

## Content outline

Intro to progressive walking Target heart rate SMART goals strategies 3-day food log entry Body composition Targeting specific fitness categories (i.e., push-ups, squats, core strength)

## Required materials

Appropriate equipment will be highlighted and discussed in the first class. Equipment must be provided by the student.

## General education/Related instruction lists

- Health