Course Outline

Course Title: Walking for Fitness
Semester Course Prefix and Number: PHED 1449
Old Quarter Course Prefix and Number: 126
Number of Credits: 1
Semester(s) Offered: 
Negotiated Class Size: 

Number of Lecture Credits: 
Number of Lab Credits: 1
Number of Lab Hours: 
Number of Studio/Demonstration/Internship Credits: 

Course Purpose Code:

- 0 – Developmental Courses
- 1 – Non-transferable, General Education
- 2 – Technical course related to career programs
- 3 – College course which has the primary goal of applying certain concepts (e.g. vocal ensemble)
- X 4 – Other college course not considered a part of general education (MNTC) e.g. computer science, health, physical education
- 5 – Course which is intended to fulfill the Minnesota Transfer Curriculum (MNTC) requirements.
- 9 – Continuing Education/Customized Training specialized credit course (not occurring in 0-5)

Catalog Description:
This course will develop lifetime learning in the basic skills of walking with an emphasis on developing a healthy lifestyle, while gaining the benefits of physical fitness. Key components of the course include monitoring heart rate, walking techniques, and fitness walks.

Prerequisites and/or recommended entry skills/knowledge:
Course Prerequisite(s): None
Reading Prerequisite: None
Composition Prerequisite: None
Mathematics Prerequisite: None

Career Programs and Transfer Majors Accessing this Course:

Minnesota Transfer Curriculum Goal(s) partially met by this course if applicable: Notes: No more than two goals may be met by any one course. (Curriculum Committee review and the Chief Academic Officer's approval are required).

0. X None
1. _____ Communications
2. _____ Critical Thinking
3. _____ Natural Sciences
4. _____ Mathematical/Logical Reasoning
5. _____ History and the Social and Behavioral Sciences
6. _____ The Humanities and Fine Arts
7. _____ Human Diversity
8. _____ Global Perspectives
9. _____ Ethical and Civic Responsibility
10. _____ People and the Environment
Learning outcomes, including any relevant competencies listed in the Minnesota Transfer Curriculum:
This course is designed to provide students with the fundamentals of overall fitness.

Student assessment methods:
Attendance and class work 100%

Use of instructional technology (includes software, interactive video and other instructional technologies):
Video instruction

Outline of the major course content:
To enhance a healthy lifestyle.

Additional special information (special fees, directives on hazardous materials, etc.)

Transfer Information: (Please list colleges/majors that accept this course in transfer.)

Approvals:

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