

## Walking Fitness

### Course Schedule & Pacing Guide

This schedule is a recommended pacing chart for the course. It shows the sections, tasks, assignments, and points possible. Each section is designed to be completed in about one week's time for a 16 week course. However, if you have less time to complete the course, you may need to move through the sections more quickly. Your teacher may also have a set schedule he/she would prefer you to use. Check with your instructor if you have any questions.

Section	Type of Assignment	Assignment	Points Possible	Due Date
<b>Course Introduction</b>				
Intro	Multimedia Lesson	Course Introduction	n/a	
Intro	Multimedia Lesson	Course Tasks	n/a	
Intro	Multimedia Lesson	Walking Log	n/a	
Intro	Team Huddle/Discussion	Introduce Yourself	5	
Intro	Quiz	Intro Quiz	10	
Intro	Assignment	Course Contract	10	
<b>Unit 1 Getting Started</b>				
<b>Section 1.1 Assessment</b>				
1.1	Multimedia Lesson	Fitness Assessment	n/a	
1.1	Multimedia Lesson	Fitness Analysis	n/a	
1.1	Sprint/Online Links	View Additional Links	n/a	
1.1	Team Huddle/Discussion	Walking Level	5	
1.1	Assignment	Fitness Assessment	20	
1.1	Quiz	Quiz 1.1	20	
<b>Section 1.2 Getting Started</b>				
1.2	Multimedia Lesson	Getting Started	n/a	
1.2	Multimedia Lesson	FITT Principles	n/a	
1.2	Sprint/Online Links	View Additional Links	n/a	
1.2	Team Huddle/Discussion	Walking Preferences	5	
1.2	Assignment	Tips for Getting Started	20	
1.2	Quiz	Quiz 1.2	20	
1.2	Assignment	Log 1	45	
<b>Section 1.3 Training Plan</b>				
1.3	Multimedia Lesson	Keeping a Walking Log	n/a	
1.3	Multimedia Lesson	Choosing a Training Plan	n/a	
1.3	Sprint/Online Links	View Additional Links	n/a	
1.3	Team Huddle/Discussion	Motivation	5	
1.3	Assignment	Training Plan	20	
1.3	Quiz	Quiz 1.3	20	
1.3	Assignment	Log 2	45	
<b>Section 1.4 Goal Setting &amp; Motivation</b>				
1.4	Multimedia Lesson	Goal Setting	n/a	
1.4	Multimedia Lesson	Motivation	n/a	
1.4	Sprint/Online Links	View Additional Links	n/a	
1.4	Team Huddle/Discussion	Walking Goals	5	

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1.4	Assignment	Walking Goals	20	
1.4	Quiz	Quiz 1.4	20	
1.4	Assignment	Log 3	40	
<b>Unit 2 Walking Mechanics</b>				
<b>Section 2.1 Warm Up &amp; Cool Down</b>				
2.1	Multimedia Lesson	Warm Up	n/a	
2.1	Multimedia Lesson	Cool Down	n/a	
2.1	Multimedia Lesson	Stretches	n/a	
2.1	Sprint/Online Links	View Additional Links	n/a	
2.1	Team Huddle/Discussion	Walking Mantra	5	
2.1	Assignment	Magazine Article	20	
2.1	Quiz	Quiz 2.1	20	
2.1	Assignment	Log 4	45	
	Email Check Point	Parent Verification	**	
	Assignment	Fitness Checkpoint	5	
<b>Section 2.2 Walking Technique</b>				
2.2	Multimedia Lesson	Walking Technique	n/a	
2.2	Multimedia Lesson	Exercise Technique	n/a	
2.2	Sprint/Online Links	View Additional Links	n/a	
2.2	Team Huddle/Discussion	Effects of Walking	5	
2.2	Assignment	Online Research	20	
2.2	Quiz	Quiz 2.2	20	
2.2	Assignment	Log 5	45	
<b>Section 2.3 Principles &amp; Training Zones</b>				
2.3	Multimedia Lesson	Exercise Principles	n/a	
2.3	Multimedia Lesson	Training Zones	n/a	
2.3	Sprint/Online Links	View Additional Links	n/a	
2.3	Team Huddle/Discussion	Power Song	5	
2.3	Assignment	Heart Rate Graph	20	
2.3	Quiz	Quiz 2.3	20	
2.3	Assignment	Log 6	45	
<b>Unit 3 Safety &amp; Equipment</b>				
<b>Section 3.1 Rules &amp; Safety</b>				
3.1	Multimedia Lesson	Safety Rules & Guidelines	n/a	
3.1	Multimedia Lesson	Illness & Injury Prevention	n/a	
3.1	Multimedia Lesson	Common Injuries & Treatments	n/a	
3.1	Sprint/Online Links	View Additional Links	n/a	
3.1	Team Huddle/Discussion	Road Blocks	5	
3.1	Assignment	Safety Pamphlet	20	
3.1	Quiz	Quiz 3.1	20	
3.1	Assignment	Log 7	45	
<b>Section 3.2 Walking in the Elements</b>				
3.2	Multimedia Lesson	Walking in the Heat	n/a	
3.2	Multimedia Lesson	Walking in the Cold	n/a	
3.2	Sprint/Online Links	View Additional Links	n/a	

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3.2	Team Huddle/Discussion	Indoor or Outdoor?	5	
3.2	Assignment	Walking Trails Brochure	20	
3.2	Quiz	Quiz 3.2	20	
3.2	Assignment	Log 8	45	
	Email Check Point	Parent Verification	**	
	Assignment	Fitness Checkpoint	5	
<b>Section 3.3 Equipment for Walking</b>				
3.3	Multimedia Lesson	Walking Shoes	n/a	
3.3	Multimedia Lesson	Equipment	n/a	
3.3	Sprint/Online Links	View Additional Links	n/a	
3.3	Team Huddle/Discussion	Walking Shoes	5	
3.3	Assignment	Foot Diagnostics	20	
3.3	Quiz	Quiz 3.3	20	
3.3	Assignment	Log 9	45	
<b>Unit 4 The Walking Scene</b>				
<b>Section 4.1 Benefits of Walking</b>				
4.1	Multimedia Lesson	Benefits of Walking	n/a	
4.1	Multimedia Lesson	Hiking	n/a	
4.1	Sprint/Online Links	View Additional Links	n/a	
4.1	Team Huddle/Discussion	Mental Benefits	5	
4.1	Assignment	Walking Club Poster	20	
4.1	Quiz	Quiz 4.1	20	
4.1	Assignment	Log 10	45	
<b>Section 4.2 Speed Walking</b>				
4.2	Multimedia Lesson	Speed Training	n/a	
4.2	Multimedia Lesson	Race Walking	n/a	
4.2	Sprint/Online Links	View Additional Links	n/a	
4.2	Team Huddle/Discussion	Race Walking	5	
4.2	Assignment	Speed Training Workout	20	
4.2	Quiz	Quiz 4.2	20	
4.2	Assignment	Log 11	45	
<b>Unit 5 Total Wellness</b>				
<b>Section 5.1 Diet &amp; Exercise</b>				
5.1	Multimedia Lesson	Diet & Exercise	n/a	
5.1	Multimedia Lesson	Fuel & Hydration	n/a	
5.1	Sprint/Online Links	View Additional Links	n/a	
5.1	Team Huddle/Discussion	Steroid Use	5	
5.1	Assignment	Food Diary	20	
5.1	Quiz	Quiz 5.1	20	
5.1	Assignment	Log 12	45	
	Email Check Point	Parent Verification	**	
	Assignment	Fitness Checkpoint	5	
<b>Section 5.2 Cross-Training</b>				
5.2	Multimedia Lesson	Cross Training	n/a	
5.2	Sprint/Online Links	View Additional Links	n/a	
5.2	Team Huddle/Discussion	Cross Training Exercises	5	

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5.2	Assignment	Exercise Brochure	20	
5.2	Quiz	Quiz 5.2	20	
5.2	Assignment	Log 13	*Optional	
<b>Unit 6 Post Assessment</b>				
<b>Section 6.1 Post Assessment</b>				
6.1	Multimedia Lesson	Post Assessment	n/a	
6.1	Multimedia Lesson	Walking for Fun & Fitness	n/a	
6.1	Team Huddle/Discussion	Greatest Accomplishments	5	
6.1	Assignment	Post Assessment	40	
6.1	Assignment	Log 14	*Optional	

\*Only 12 Weekly Logs are required throughout the semester. Optional days to submit a weekly log are included for make-up, in case of missed weeks, or extra credit.

\*\*Parent verification of the Weekly Logs is required every four weeks. The student will not receive additional points for the parent verification. However, the student will LOSE points for his/her Logs if the parent verification is not submitted.