

Form I: SUMMARY PAGE FOR CLASS 2011-1

TITLE: HEDU 1301: Fitness Walking

SUBMITTING COLLEGE: College of Liberal Arts and Social Sciences

DEPARTMENT GENERATING THE PROPOSAL: Liberal Arts

EFFECTIVE DATE: Fall 2011

BRIEF SUMMARY OF THE PROPOSAL:

This proposal would allow the addition of a new course to the Health and Physical Education course offerings.

TYPE OF PROPOSAL:

- New Program
- Program Change
- Course Change only
- New Course

GRADUATE SCHOOL ENDORSEMENT STATUS: N/A

IMPACT ON LIBRARY HOLDINGS: None

IMPACT ON EXISTING PROGRAMS: None

ADDITIONAL RESOURCES REQUIRED:

- A. **PERSONNEL:** None
- B. **NON-PERSONNEL:** None

APPROVALS:

<input checked="" type="checkbox"/> DEPARTMENT FACULTY	DATE <u>1/27/2011</u>
<input checked="" type="checkbox"/> CLASS CURRICULUM COMMITTEE	DATE <u>10/21/11</u>
<input checked="" type="checkbox"/> COLLEGE FACULTY	DATE <u>10/21/11</u>
<input type="checkbox"/> VICE PRESIDENT FOR ACADEMIC AFFAIRS	DATE _____
<input type="checkbox"/> CURRICULUM & NEW PROGRAMS COMMITTEE	DATE _____
<input type="checkbox"/> FACULTY SENATE	DATE _____
<input type="checkbox"/> UNIVERSITY FACULTY	DATE _____

FORM II: COURSE ADDITION FORM FOR PROPOSAL CLASS 2011-1

COURSE NUMBER: HEDU 1301

COURSE TITLE: Fitness Walking

CATALOG DESCRIPTION: This course is designed for all ages and levels of fitness. It emphasizes body mechanics and identifies concepts so the student may have a lifetime of walking enjoyment. It involves weekly goal setting incentives and focuses on a variety of walking experiences for fun and cardiovascular improvement. You will be asked to purchase an inexpensive pedometer.

RATIONALE: This new course will add to the existing and future Health and Physical Education courses giving more options to gaining usable knowledge as it relates to health and fitness. It emphasizes body mechanics and identifies concepts so the student may have a lifetime of walking enjoyment.

LIBRARY RESOURCE STATEMENT: No change

CREDIT HOURS: 1

PREREQUISITES: None

SYLLABUS: Attached

SIMILARITY TO OR DUPLICATION OF EXISITING COURSES: None

TEXTBOOK CHANGE: None

GRADING METHOD: Grading would be base on tests, quizzes, and demonstration of learned skills.

APPROVALS:

<input checked="" type="checkbox"/> DEPARTMENT FACULTY	DATE <u>1/27/2011</u>
<input checked="" type="checkbox"/> CLASS CURRICULUM COMMITTEE	DATE <u>3/4/2011</u>
<input type="checkbox"/> COLLEGE FACULTY	DATE _____
<input type="checkbox"/> VICE PRESIDENT FOR ACADEMIC AFFAIRS	DATE _____
<input type="checkbox"/> CURRICULUM & NEW PROGRAMS COMMITTEE	DATE _____
<input type="checkbox"/> FACULTY SENATE	DATE _____
<input type="checkbox"/> UNIVERSITY FACULTY	DATE _____

Savannah State University
College of Liberal Arts and Social Sciences
HEDU 1301: Fitness Walking
Fall 2011

Instructor: Rebecca Heyward
Office: Arena 1015
Office hours: see office door

Telephone: (912) 358-3440
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Fax: (912) 356-2076

Course description: This course is designed for all ages and levels of fitness. It emphasizes body mechanics and identifies concepts so the student may have a lifetime of walking enjoyment. It involves weekly goal setting incentives and focuses on a variety of walking experiences for fun and cardiovascular improvement. You will be asked to purchase an inexpensive pedometer.

Learning Outcomes:

Upon successful completion of the course students will:

- Understand the overall skills and practices required by at least one type of physical fitness activity
- Demonstrate awareness of how to undertake a regular program of physical activity
- Demonstrate individual development of the particular skills required to participate in at least one type of physical activity
- Develop the capacity to walk continuously for forty minutes at a minimum heart rate range of 75% max and make appropriate individual safety modifications.
- Demonstrate greater awareness of their bodies
- Demonstrate a working knowledge of skills needed to pursue independent training as part of their lifetime fitness program

Course Goals:

This course aims to:

- a. Assist students in developing the walking skills necessary to perform a physical activity that will promote a healthy level of fitness.
- b. Demonstrate the implications and the benefits of involvement in physical activities.
- c. Promote the values of physical activity and its contribution to a healthy lifestyle.
- d. Demonstrate responsible personal and social behavior in a physical activity setting.
- e. Promote an understanding and respect for differences among people in a physical activity setting.

Course Objectives:

In order to attain the course goals, during this course students will:

- a. Develop and undertake a personal fitness regime
- b. Learn and demonstrate appropriate safety practices
- c. Engage in physical activities that will improve and/or maintain students' level of cardiovascular fitness throughout the semester.

Grading: The final grades are assigned on an absolute scale which is:
90-100% = A

80-89%=B
70-79%=C
60-69%=D

Your grade will be based on the following:

- a. PARTICIPATION: (worth 40% of final grade) – 160 points
- b. MIDTERM: (worth 15% of final grade) – 60 points
- c. FINAL (worth 30% of final grade) -120 points
- d. FITNESS LEVEL IMPROVEMENTS (worth 15% of final grade)-60 points

Course policies:

Make up tests: Make up tests will be given at the discretion of the instructor.

Classroom courtesy: Private conversation during class and leaving early—without prior notice given to the instructor—are both rude to the professor and distracting to other students. Persons who persist in private conversation after one warning will be required to leave class.

Plagiarism and Cheating: Plagiarism is defined as, “To take and use as one’s own and ideas or writings of another” and will not be tolerated at Savannah State University.

Attendance Policy: According to the Savannah State University Catalog, “Credit may or may not be awarded for any course if the number of absences exceeds the number of times that the class meets per week.” Class attendance is, therefore, required of students to ensure that they will be exposed to the many classes, laboratories and related experiences that are provided for their benefit. Thus, the attendance policy for this class is one (1) absence. After one (1) absence, the student’s final grade will be dropped one letter grade for each additional absence. On the fourth (4th) absence, the student will be withdrawn for the class with a WF. Because the instructor will not distinguish between excused and unexcused absences, the student should save one (1) absence for **real** emergencies and **real** illnesses. If you cannot attend a class session but you notify the instructor in advance, the absence will not be counted. All athletes need to give the instructor a copy of their schedules ASAP.

Punctuality: Class roll will be taken promptly at the beginning of class. A student will be considered tardy if not present when the roll is completed. If a student is more than 10 minutes late, the student will not be allowed in the class. **NOTE: Two (2) tardies equal one absence.**

Writing Across the Curriculum: In an effort to encourage student writing improvement—with reading an absolutely necessary component of a college education and a professional career—the policy for this class is that there will be assignments due which require proper structure, punctuation, and spelling of materials.

DISABILITY ACCOMMODATIONS: If a student has a documented and or declared disability or any significant learning or health impairment, reasonable accommodations (support) will be provided if requested by the student according to the recommendations of The Office of Counseling and Disability Services: (912) 356-2202, Room 233, 2nd Floor King Frazier Annex.