

Gresham High School Walking For Fitness Syllabus

Teacher: Mike Molony

Email: molony2@gresham.k12.or.us

Website: ghs.gresham.k12.or.us

Phone: 503-674-3401

Meeting Place: Fish Bowl

Credit: .5 elective PE

Required Materials: Students are required to wear fitness attire to class. Shirts can be long sleeve, short sleeve or sleeveless but no tank tops or torn or altered clothes and provide appropriate fitness shoes for walking. Shorts must hang down to mid thigh. Athletic sweat pants, tights/yoga pants are acceptable. . Jeg-Jeans and joggers are not fitness attire. Non marking athletic shoes are required for P.E. Hiking boots, all-purpose boots and sandals are not acceptable. A light rain jacket is recommended as the class will walk outside in light rain. Walking for Fitness class meets outside as long as the temperature is near 50 degrees, rain is not hard or steady and wind is not too strong. Additionally, students may want to bring warmer jackets, gloves and hats to keep warm.

Expectations: Backpacks can be brought to class but must be on your back. No backpacks are allowed to be left unattended during class. Hand bags and purses are not allowed in class. No food or drinks are allowed in walking class with the exception of a water bottle. Students are required to return to the locker rooms after class. If needed, students are expected to use bathroom before class begins. Electronic devices may be used in class during the walking portion of the class only and may only be used to play music. Music must be played through headphones/ear buds and only in one ear. Students will not be allowed to be excused from Walking for Fitness Class to attend another class.

Course Description: Walking for Fitness class is designed to provide students a regular fitness activity in a variety of environments. We will be walking for approximately 40 minutes each day and 2.0 miles. Fitness walking consists of moving the arms forward while at a 90 degree angle at the elbows at minimum pace of 16 minutes per mile.

Grading Policy: Standards will be assessed and student grades will be posted on Synergy every two weeks. See class proficiency grading rubric on the back for details. Completion of the final exam is a requirement of the class.

Make-up Policy: Students can make-up a missed walking class by completing a 2.0 mile walk in 40 minutes and showing the instructor the electronic record of the event from a pedometer. The pedometer must log the date of the activity and show only the 40 minute interval walking session. Students are limited to a maximum of 5 make-up sessions per semester.

Pedometers: Students may download free or fee base pedometer applications for their smart phones. Pedometers are a great way to track your walking during the semester. Mapmywalk is recommended.

Locations: Walking for Fitness class will walk on the track, school grounds, sidewalk on the block the school is on. Additionally, an optional fee based field trip may be scheduled to experience walking in a different environment.

Health Benefits of Walking:

- Maintain healthy body weight and lower risk of obesity.
- Reduce the risk of coronary disease.
- Improved blood pressure.
- Enhance mental wellbeing
- Reduce risk of osteoporosis.

Please see reverse side of this paper for required parent and student signature

Student and Parent/Guardian Walking for Fitness Syllabus Acknowledgement Form

To be completed and signed by both student and parent/guardian and returned to teacher

Student Name _____ **Period** _____

Student Signature _____

Date _____

Parent/Guardian Name _____

Parent/Guardian Signature _____

Date _____

Email: _____

Phone (cell): _____ **Phone (home):** _____

What is your preferred method of communication from the teacher? Please circle one.

Phone Call

Email

Text Message