

Department of Kinesiology, Recreation, and Sport

Walking for Wellness – PE 101

M/T/W/TH 10:30am-11:35am

May 18th – June 5th

Smith Stadium 1066

Instructor: Tracy Lane

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Office hours: By appointment

Office number: (270) 745-3327

Office: 1026 Smith Stadium

Course Objectives are to:

1. Introduce social interactive walking methods to the students.
2. Introduce social walking that qualifies as an aerobic exercise.
3. Provide students w/ information and support that will lead to their health and fitness goals.

Method of Evaluation:

1. Participation points – 11 points per day (110 points)
2. Journal – 50 points
3. Extra credit – 10 points for “perfect” attendance. No excuses accepted for missing class.

Grading Scale:

90% and above = A

80% - 89% = B

70% - 79% = C

60% – 69% = D

Below 59% = F

Attendance Policy:

Students are to attend class, lack of attending and participation will affect your grade. Illness (doctors written statement), death in the family, family emergency, or university business is considered an excused absence. **If you miss 25% of class (3 days) you will automatically receive an F for the course.**

Tardy:

You will only receive ½ your participation points for the session if you arrive late or leave early.

Dates to remember:

May 18 – 1st day of class and walking

May 25 – no class – memorial day

June 4th – last day of class and journals due by 5pm (blackboard)

Dress Code:

T-shirt, sweat suit, gym shorts, socks and a good running/walking shoe. Do not wear boots, sandals, hiking shoes, keds, or street clothing. No jeans. Shirts must be worn at all times.

Students with Disabilities:

In compliance with university policy, students with disabilities who require accommodations for this course must contact the Office for Student Disability Services in DUC 200 of the Student Success Center in Downing University Center. Please do not request accommodations directly from the professor or instructor without a letter of recommendation from the Office for Disability Services.

The instructor reserves the right to make necessary changes to the syllabus during the course of the semester.