

Department of Kinesiology, Recreation, and Sport

5/18 – 6/5

Walking for Wellness

10:30-11:40

Smith Stadium 1063

Instructor: Tracy Lane tracy.lane@wku.edu
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.
4. Learn to apply FITT guidelines to walking.

Method of Evaluation:

1. Participation – regular classroom attendance and participation (110 pts)
2. Learning activities (30 pts)

A = 90-100%
B = 80-89%
C = 70-79%
D = 60-69%
F = <60%

Preston Center:

You must bring your student ID everyday to enter the building. If you forget your ID you will be unable to attend class (please do not ask the attendant to come and ask me if you are in my class) No chewing gum in the Preston Center.

Dress Code:

T-shirt, sweat suit, gym shorts, socks and a good sneaker (tennis, basketball, cross trainer, running shoe, etc.) Do not wear boots, sandals, hiking shoes, jeans, or hats. Shirts must be worn at all times. There is to be no sagging.

Academic Honesty:

Students are expected to abide by the Academic requirements and regulations as outlined in the Student Handbook. All acts of dishonesty in any work constitute academic misconduct. Evidence of academic misconduct will result in an F for course.

Title IX Misconduct/Assault Statement

Western Kentucky University (WKU) is committed to supporting faculty, staff and students by upholding WKU's Title IX Sexual Misconduct/Assault Policy (#0.2070) at

<https://wku.edu/eoo/documents/titleix/wkutitleixpolicyandgrievanceprocedure.pdf> and

Discrimination and Harassment Policy (#0.2040) at

https://wku.edu/policies/hr_policies/2040_discrimination_harassment_policy.pdf.

Under these policies, discrimination, harassment and/or sexual misconduct based on sex/gender are prohibited. If you experience an incident of sex/gender-based discrimination, harassment and/or sexual misconduct, you are encouraged to report it to the Title IX Coordinator, Andrea Anderson, 270-745-5398 or Title IX Investigators, Michael Crowe, 270-745-5429 or Joshua Hayes, 270-745-5121. Please note that while you may report an incident of sex/gender based discrimination, harassment and/or sexual misconduct to a faculty member, WKU faculty are "Responsible Employees" of the University and **MUST** report what you share to WKU's Title IX Coordinator or Title IX Investigator. If you would like to speak with someone who may be able to afford you confidentiality, you may contact WKU's Counseling and Testing Center at 270-745-3159.

ADA Accommodation Statement

In compliance with University policy, students with disabilities who require academic and/or auxiliary accommodations for this course must contact the Student Accessibility Resource Center located in Downing Student Union, 1074. SARC can be reached by phone number at 270-745-5004 [270-745-3030 TTY] or via email at sarc.connect@wku.edu. Please do not request accommodations directly from the professor or instructor without a faculty notification letter (FNL) from The Student Accessibility Resource Center.

The instructor reserves the right to make necessary changes to the syllabus, class schedule, and learning activities during the class. Students will be notified in advance of any such changes.