

# **KINE 148B - Intermediate Walking for Fitness Course Outline**

**Approval Date:** 02/13/2020

**Effective Date:** 08/14/2020

## **SECTION A**

**Unique ID Number** CCC000616684

**Discipline(s)** Coaching  
Health  
Physical Education

**Division** Kinesiology & Athletics

**Subject Area** KINESIOLOGY

**Subject Code** KINE

**Course Number** 148B

**Course Title** Intermediate Walking for Fitness

**TOP Code/SAM Code**

**Distance Education Mode of Instruction** On-Campus

**SECTION B**

**General Education Information:**

**SECTION C**

**Course Description**

**Repeatability** May be repeated 0 times

**Catalog Description** This course is designed to develop skills for advanced cardiovascular training using advanced walking and race walking.

**Schedule**

**Description**

**34 TmG( )TET@**

L. Anatomy involved in walking

M.

**4. Methods of Instruction:**

**Activity:** Students will be required to complete the Harvard Step Test. Students will be required to complete in one competitive race.

**Lab:**

