



Cosumnes Oaks High School

10/2015

COURSE: Walking / Personal Fitness

LENGTH: 1 term

CREDITS: 5.0 Elective

DESCRIPTION:

- This course is designed to provide an opportunity for students to enhance their fitness levels and gain knowledge of lifelong fitness. Students will be introduced to lifelong activities through low impact exercises. This is not a remedial class. Students will be expected to participate at all times and stay in front of the instructor during the on / off campus walks.

COURSE CONTENT:

- Conditioning through the many walking routes on and off campus. Routes vary from 1 to 4 miles. The instructor will be with the students at all times. Students are required to follow all the routes described by the instructor and will not be allowed to stay behind on campus UNLESS they have a note form a parent stating that they are ill or injured and they are dressed inappropriately for walking. Students not able to walk with the class will be sent to OCI where they will stay for the remainder of the period. They will also be given a written assignment that they are required to work on in OCI.
- Conditioning through an alternative form of low-impact exercise (yoga, aerobics, tai-chi, tai-bo, Pilates)

COURSE EXPECTATIONS:

- Students must stay in front of the instructor during the walks. Failure to stay in front of the instructor will result in a loss of some or all the daily points. Continuous defiance of this rule may result in a referral to the office.
- Students must follow the safety guidelines when off campus.
- Regular attendance. All absences will result in a loss of ALL daily points.
- Respect for all peers, teachers, and school property and class / school rules.
- Active participation and positive attitude at all times.
- Proper dress: Solid color shorts and t-shirt in orange, gray, navy, black or white. Any COHS t-shirt, shorts, sweats is fine. No Booty shorts, Spanks or shorts smaller than 4 in inseam.
- Students must bring a combination lock, change in the locker room and use the locker they have been assigned.

- Wear appropriate tennis shoes. Athletic shoes are highly recommended. Improper shoes will result in pain to feet, legs, bac k.

MAKE UPS:

- Students are required to make up all excused absences and medicals. Make ups will take place every Wolf Pack Hour and every other Wednesday. Report to either the locker room or Black top, sign up with the teacher in charge and run a mile.

MEDICALS:

- A written medical note from a parent will be accepted for a maximum of 3 days. Students will be sent to OCI while on a medical. Any injury or illness lasting longer than 3 days must be accompanied by a doctor's note. **NO CREDIT IS GIVEN WHEN A STUDENT IS UNABLE TO PARTICPATE IN CLASS.**

KEY ASSIGNMENTS:

- Participation in Daily Activities :
 - Attendance
 - Dress
 - Fitness Activities

GRADING CRITERIA:

- Self Responsibility (Attendance and Dress) 25%
- Daily Activity 75%

BENEFITS:

- There are countless physical activities out there, but walking has the lowest dropout rate of them all! It's the simplest positive change you can make to effectively improve your heart health.
- Research has shown that the benefits of walking and moderate physical activity for at least 30 minutes a day can help you:
 - Reduce the risk of coronary heart disease
 - Improve blood pressure and blood sugar levels
 - Maintain body weight and lower risk of obesity
 - Enhance mental well-being
 - Reduce the risk of osteoporosis
 - Reduce the risk of breast and colon cancer
 - Reduce the risk of type 2 Diabetes

