GAVILAN COLLEGE
5055 Santa Teresa Blvd
Gilroy, CA 95023

Course Outline

COURSE: KIN 33A DIVISION: 40 ALSO LISTED AS:

TERM EFFECTIVE: Summer 2026 CURRICULUM APPROVAL DATE: 02/10/2026

SHORT TITLE: Walk/Run for Fitness 1

LONG TITLE: Walk, Run For Fitness - Level 1

Units	Number of Weeks	Type	Contact Hours/Week	Total Contact Hours/Units
.5 OR 1	18	Lecture:	0	0
		Lab:	1.5 OR 3	27 OR 54 /.5 OR 1 Unit of Lab
		Other:	0	0
		Total:	1.5 OR 3	27 OR 54

Out of Class Hrs:	00.00
Total Learning Hrs:	27.00 OR 54.00

COURSE DESCRIPTION:

A program of walking and/or running designed to improve cardiovascular fitness and strengthen the muscles throughout the body. Emphasis will be on student's exercising at a moderate (40% - 50% THR) exertion level. This course has the option of a letter grade or pass/no pass. Courses should be taken in sequential order.

CREDIT STATUS: D - Credit - Degree Applicable

GRADING MODES

L - Standard Letter Grade
P - Pass/No Pass

REPEATABILITY: N - Course may not be repeated

SCHEDULE TYPES:

04 - Laboratory/Studio/Activity

04A - Laboratory - LEH 0.65

05 - Hybrid

71 - Dist. Ed Internet Simultaneous

73 - Dist. Ed Internet Delayed LAB

73A - Dist. Ed Internet LAB-LEH 0.65

STUDENT LEARNING OUTCOMES:

By the end of this course, a student should:

1. The student will be able to list and describe the areas of the FITTE principle in relationship to Cardiovascular fitness.

2. The student will be able to calculate their target heart rate, reach a moderate exercise exertion level (40% - 50% THR), and chart their cardiovascular improvement

COURSE OBJECTIVES:

By the end of this course, a student should:

1. discuss the benefits of exercise and explain how they could incorporate exercises utilized in this class into their lifelong activities.

2. participate in a variety of walking/jogging routines.

3. name and explain the FITTE principles.

4. demonstrate proper stretches for warm-up and cool-down.

5. demonstrate the basic walking and jogging techniques introduced.

6. participate in fitness assessment.

7. determine their RHR and calculate their THR. Students will monitor their THR throughout the course.

8. explain the benefits of proper nutrition and how it is important to their overall everyday health.

COURSE CONTENT:

Curriculum Approval Date: 02/10/2026

1 - 3 Hours

CONTENT: Introduction to class, including course syllabus, course expectations, grading and attendance policies. Appropriate attire will be discussed.

4.5 - 9 Hours

Content: Teach students how to take their pulse. Teach students how to determine Resting Heart Rate (RHR) and calculate Target Heart Rate (THR) (Karvonen Formula). Basic walking and jogging techniques will be introduced. Students will be able to view proper walking and jogging techniques through video on the course shell. Discuss the importance of stretching as a warm-up and cool-down. Explain the benefits of stretching both before and after exercising and demonstrate a variety of stretches and distinguish what is a static stretch and what is a dynamic stretch. Start workouts with timed walks to work on taking heart rate and calculating heart rate to determine the proper intensity. Work on at a pace that gives light to moderate exertion (40% - 50% of THR). Fitness levels will determine beginning intensity for students. Introduce FITTE principles: Frequency, Intensity, Time, Type, and Enjoyment.

4.5 - 9 Hours

Content: Continue discussion on the FITTE principles and how they can be used and the definition of each principle. Presentation on the benefits/value of exercising on a regular basis and how the exercise they are doing could be incorporated into their lifelong activities. Students will go through a variety of workouts that will use portions of the FITTE principle. For example, during one workout, the students will increase the intensity of the workout, but not the time or distance. The next workout, the students may increase the time they continually workout, but decrease the intensity. Distance will play a factor in both of those types of workouts.

3 - 7 Hours

Content: Continue walking/jogging routines which contain a proper warm-up/activity/cool-down phase. Increase workout intensities to get to their target (50% of THR) at least one time a week.

3 - 6 Hours

Content: Continue walking/jogging routines which contain a proper warm-up/activity/cool-down phase. Increase workout intensities to get to their target (50% of THR) at least twice a week. Workouts will now increase in intensity, time and distance during class.

3 - 6 Hours

Content: Continue walking/jogging routines which contain a proper warm-up/activity/cool-down phase. Increase workout intensities to get to their target (50% of THR) at least three times a week. Increase all areas of the FITTE principles. Workouts will continue to increase in intensity, time and distance during class. The types of activities performed in class will also change. Students who were strickly walkers will be asked to start to slowly jog at short intervals. Joggers will be asked to increase intensity (pace) at short intervals. Presentation on the benefits of proper nutrition (Fats-Carbs-Protien) and the value of proper nutrition can play an important role in everyday overall health.

3 - 6 Hours

Content: Continue walking/jogging routines which contain a proper warm-up/activity/cool-down phase. Increase workout intensities to get to their target (50% of THR). Increase all areas of the FITTE principles. Workouts will continue to increase in intensity, time, distance, and type during class.

3 - 6 Hours

Content: Continue walking/jogging routines which contain a proper warm-up/activity/cool-down phase. Increase workout intensities to get to their target (50% of THR) at least five times a week. Increase all areas of the FITTE principles. Workouts will continue to increase in intensity, time, distance, and type during class.

2 Hours

Content: Final Exam.

METHODS OF INSTRUCTION:
Discussion, demonstration, small group interaction

METHODS OF EVALUATION:
Other methods of evaluation
Evaluation Percent 15
Evaluation Description
fitness testing

Skill demonstrations
Evaluation Percent 75
Evaluation Description
Performance and participation

Writing assignments
Evaluation Percent 10
Evaluation Description
Journals and workout logs

REPRESENTATIVE TEXTBOOKS:
No textbook required.

ARTICULATION and CERTIFICATE INFORMATION

GAV GE:

GAV E
GAV Area 7

CSU GE:

CSU E

CSU TRANSFER:

Transferable CSU

UC TRANSFER:

Transferable UC

SUPPLEMENTAL DATA:

Basic Skills: N
Classification: Y
Noncredit Category: Y
Program Status: 1 Program Applicable
Special Class Status: N
CSU Crosswalk Course Department:
CSU Crosswalk Course Number:
Prior to College Level: Y
Non Credit Enhanced Funding: N
Funding Agency Code: Y
In-Service: N
Occupational Course: E
Course Control Number: CCC000582750
Sports/Physical Education Course: Y
Taxonomy of Program: 127000
CIP: 310505