

PHED 1106

This course is self paced and all exercise will be done outside of class. You will have logs to fill out and turn in. We will find your beginning program. Over the semester you will need to make satisfactory progress and show this progress on the log. The logs should be turned in on a scheduled basis. Additionally we will cover in class or individually the following topics:

Week 1

ORIENTATION

Week 2

WALKING PROGRAMS

Week 3

WALKING TECHNIQUES

Week 4

COMFORT AND SAFETY TIPS

Week 5

INDIVIDUAL PROGRESS / GOAL SETTING

Week 6

TARGET HEART RATES

Week 7

WALKING CALORIE CHARTS

Week 8

DEALING WITH SETBACKS

Week 9

INDIVIDUAL PROGRESS / REEVALUATE GOALS

Week 10

DIET VERSUS EXERCISE

Week 11

WEIGHT LOSS TIPS

Week 12

INDIVIDUAL PROGRESS

Week 13

CROSS TRAINING

Week 14

TRAINING TRENDS

Final - Personal Fitness Plan