**Teacher Information**

**授課教師:** 徐珊惠

**辦公室:** 胜利校區休閒教育研究實驗室

**辦公室時間:** 週四下午 01:00-03:00 或事前預約

**聯絡電話:** 06-2757575 ext. 81811

**E-mail:** nckustudents@gmail.com

---

**Course Objectives:**

Fitness Walking is designed to teach the components and benefits of a good walking program in terms of equipment, techniques of walking, pace, prevention and care of injuries, and resource material. Each participant, at the end of the course, will have completed an eight-week fitness walking program modified to meet his or her individual needs.

---

**Course Goals:**

Upon successful completion of this course, each student will:

1. be able to evaluate his/her fitness level and will be able to measure improvement;
2. be able to apply the necessary considerations in selecting and purchasing proper footwear for walking;
3. be able to demonstrate the proper techniques for walking and for carrying out a walking program; and
4. become familiar with the physical and psychological benefits of a walking program.

---

**Appropriate Attire:**

同学必須穿著適當的運動服來上課。適當的運動服包含:

- 運動衫 (T-shirts), 運動裤和運動鞋 (如班服)
- 花樣鞋或運動鞋

若穿著海灘鞋、海灘裤、皮鞋、西裝裤、裙子、高跟鞋或襯衫來上課其將以曠課一次計算;

同學必須自備計步器

---

**Assessment:**

(100 points)

1. **平時出勤和課程參與成績:** 40%，同學往上課時間兩分鐘以上，將以遲到一次計算；若遲到15分鐘以上，將以遲到一次計算。3次遲到等於一次曠課。若遲到次數超過4次 (4小時)，將依學校規定，同學將無法取得此體育學分。若同學因生病無法上課，請提出醫生證明或相關文件已示病假。若因個人、家庭或學校因素，必須於上課前與老師討論並獲老師批評，其他方法補齊此缺課。

2. **日記紀錄:** 9%

3. **週報告:** 21%

4. **期初與期末測驗:** 30%

---

**Schedule**

<table>
<thead>
<tr>
<th>Week</th>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2/19</td>
<td>Syllabus &amp; Emergency Action Plan</td>
</tr>
<tr>
<td>2</td>
<td>2/26</td>
<td>Orientation I / 1st Due</td>
</tr>
<tr>
<td>3</td>
<td>3/05</td>
<td>Orientation II</td>
</tr>
<tr>
<td>4</td>
<td>3/12</td>
<td>Fitness Walking / Fitness Center / 3rd Due</td>
</tr>
<tr>
<td>5</td>
<td>3/19</td>
<td>Orientation III / 2nd Due</td>
</tr>
<tr>
<td>6</td>
<td>3/26</td>
<td>Orientation IX</td>
</tr>
<tr>
<td>7</td>
<td>4/02</td>
<td>Fitness Walking / Fitness Center / 4th Due</td>
</tr>
<tr>
<td>8</td>
<td>4/09</td>
<td>Fitness Walking / Fitness Center</td>
</tr>
<tr>
<td>9</td>
<td>4/11</td>
<td>Fitness Walking / Fitness Center</td>
</tr>
<tr>
<td>10</td>
<td>4/23</td>
<td>Fitness Walking / Fitness Center / 5th Due</td>
</tr>
<tr>
<td>11</td>
<td>4/30</td>
<td>Fitness Walking / Fitness Center</td>
</tr>
<tr>
<td>12</td>
<td>5/07</td>
<td>Fitness Walking / Fitness Center / 5th Due</td>
</tr>
<tr>
<td>13</td>
<td>5/14</td>
<td>Fitness Walking / Fitness Center</td>
</tr>
<tr>
<td>14</td>
<td>5/21</td>
<td>Fitness Walking / Fitness Center / 6th Due</td>
</tr>
<tr>
<td>15</td>
<td>5/28</td>
<td>端午節 放假</td>
</tr>
<tr>
<td>16</td>
<td>6/04</td>
<td>Fitness Walking / Fitness Center / 7th Due</td>
</tr>
<tr>
<td>17</td>
<td>6/11</td>
<td>Final Assessment</td>
</tr>
</tbody>
</table>

All lesson dates are subject to change!!
Class Rules:

1) The course begins with a **mandatory orientation session**, held at the fitness classroom, at the start of the semester. Here you will receive log-in information, handouts, and other information.

2) Each student must have a pedometer by the end of the forth week of classes.

3) Each student must walk the required number of minutes stated on the workout schedule for each workout session. **Two workout sessions are required per week.**

4) Students must record their **resting heart rate** before each walk, **exercise heart rate** immediately at the end of the walk (while still cooling down), and **recovery heart rate** after five minutes of rest.

5) Once per week, students must record these measurements (resting heart rate, exercise heart rate, and recovery heart rate for EACH exercise period) and **submit them electronically through fitness walking course site**.

6) If you have any problems concerning the course, please don't hesitate to call me at school **(06-2757575 ext. 81811)** or send me an e-mail (**nckustudents@gmail.com**). If you are ill or injured and cannot complete the specified walks, please contact me. If at any time the walking regimen causes leg or foot problems, stop immediately! Seek help from your family doctor; then contact me.

7) You must submit (ideally, as a Word file) a **written summary** of the articles you will be given at orientation. Each summary should include a brief synopsis of the article and any information you found helpful and relevant. Every two weeks, one article will be assigned; the write-ups are **due by midnight on the following weeks' Friday night**.

8) The articles provided for this course are very informative and will help you get off to a good start and maintain your walking program. They will provide you with knowledge about

- calculating THR (target heart rate),
- proper walking technique,
- shoe selection,
- warm-up and cool-down,
- weight and stress reduction,
- prevention and care of injuries,
- resources for fitness walkers.

These articles are important to your success with your walking program. You are responsible for reading, summarizing, and applying the materials in the articles.