100學年第二學期
大一體適能運動與健康體能（健走）
時間: 週三 03:10pm-04:50pm
地點: 體適能中心

- 教師資訊:
  授課教師: 徐珊惠
  辦公室: 勝利校區休閒教育研究實驗室
  辦公時間: 週四下午 01:00-03:00 或事前預約
  聯絡電話: 06-2757575 ext. 81811
  E-mail: necstudents@gmail.com

- 教學目的:
  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.

- 課程目標:
  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.

- 適合服裝:
  同學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)，若穿著海灘鞋、海灘闋、皮鞋、西裝闋、高跟鞋或裙裝來上課其將以曠課一次計算;

- 成績考核:
  (100 points)
  1. 平時出席和課程參與成績: 25%
  2. 平時出席和課程參與成績: 25%
  3. 3000M 測驗: 30%
  4. 期初與期末測驗 – 25%

***Schedule

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<th>Event</th>
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<td>Orientation I</td>
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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 (06-27575ext. 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.