



Walters State Community College Course Syllabus

Course Information

Course Number and Name: PHED 1137 Power Walking

Section ID: 80729.202380

Semester and Year: Fall 2023

Credit Hours: 1

Start Date: August 21, 2023

End Date: December 08, 2023

Course Format: HYB - Hybrid (Web-Assisted Classes)

Catalog Course Description: A health oriented activity designed to provide instruction of walking programs necessary for achievement of lifetime fitness. A sequential series of routines formulated for better overall physical health and wellness related issues. Because of the activity versus exercise orientation of the course, final evaluation will be recognized by a grade of Pass (P) or Fail (F). Fitness Activity. **As Required.**

Meeting Details: T; 06:00PM - 09:05PM; KOH 150

Course Drop Deadline: October 27, 2023

Instructor Information

Name: Wm. Harold Denton

Role: Adjunct Professor

Office Location: Walters State Sevierville Campus via appointment

Office Hours: Any time needed via email, text, phone call or appointment

Office Phone: 865-256-1948

Email: WHDenton@ws.edu

Supervisor Name: Dr. Cary Jenkins

Supervisor Phone: 423-585-6761

Secretary Name: Lisa Horner

Secretary Phone: 423-585-2633

Required Textbook(s) and Materials

“fitness walking everyone”

ISBN: 978-088725-352-2

Authors: Kathryn Davis

Publisher: Hunter Textbook Inc.

Publication Date: 2013

Edition: third edition

Supplemental or Optional Materials

Although there is a text book, it is heavily supplemented by information from **Concept of Fitness and Wellness**, 13th edition, by Corbin, Welk, Corbin & Welk. In addition, all notes are captured in Walters State's eLearn - course contents. Students are heavily encouraged to view and use all information contained in the PowerPoints presentations and notes in eLearn.

Student Learning Outcomes/Objectives

- 1. Identify and describe components of wellness.
- 2. Identify and describe principles of fitness.
- 3. List and apply nutritional basics to a fitness program.
- 4. Describe physiological and psychological changes due to exercise.

Instructional Approach and Methods

Class Meeting Time & Day: Class meetings and deadlines are on Tuesdays at 6:00 pm per the syllabus calendar. The only in-person class meeting will be on August 22 @ 6:00 pm on the Walters State Sevierville campus in KOH 150. Virtual individual scheduled class meeting sessions will be in Microsoft Teams on Sept. 5, Oct. 17 & Nov. 14. Each student will have Microsoft's Team individually scheduled meetings on the dates listed. (I will supply the Team's link. Please download the App for Microsoft Teams to prepare for the course.) Otherwise, students will follow the syllabus calendar and work on their own for chapter requirements. There are also weekly power walking requirements and objective to reach weekly for the course.

- **Assignments:** The week's lesson and assignments will be presented on eLearn and the students will be expected to complete the assignments with expediency throughout the week and

duration of the term. A calendar with due dates is presented in the syllabus calendar.

- **Testing/Chapter Quizzes/PWR Walking Logs:** All course testing dates will be addressed in meeting and through a calendar offered in the course eLearn calendar. All written exams will be available through eLearn. Chapter Quizzes and Walking Logs should be turned in per calendar into the appropriate eLearn DropBox.
- **Minimum Technology Requirements:** Students will need access to reliable computer technology and internet. It is not a requirement to have a Smart Phone, however, it would be helpful to access Apps and take and submit pictures of walking logs.

Assessment, Evaluation and Testing Procedures

1. First – segment test, chapter quizzes, project & power walking out of class
2. Second – segment test, chapter quizzes, project & power walking out of class

1. Evaluation Components:

| | |
|---------------------------|---------------------------------|
| Written on-line Exams (2) | 120 points total (60 pts. each) |
| Chapter Quizzes | 32 points (4 pts. each chapter) |
| Power Walking | 52 points (4 pts. each week) |
| Projects (2) | 20 points (10 pts. each) |

Exam Schedule

| Date | Chapters |
|-----------------|------------------------------|
| Sept. 27-Oct. 1 | Exam 1 covering Chapters 1-5 |
| Nov. 27 - Dec.4 | Exam 2 covering Chapters 6-8 |

Grading Scale

Grading Scale:

| | |
|----------------|---------------------|
| Passing | 168 points or above |
| Failing | below 168 points |

Assignments

Tentative Course Schedule

(see the detailed Excel Calendar for final specific dates & schedule)

Subject to change per course news item

| Date | Content to be covered |
|-----------|--|
| Week 1 – | Course Overview, Rockport Test, Project - Define PWR Walk |
| Week 2 – | Chapter 1 - PWR Walking a Fitness Activity, SACS Test |
| Week 3 – | Chapter 2 - Benefits of PWR Walking, |
| Week 4 – | Chapter 3 - Equipment & Safety |
| Week 5 – | Chapter 4 - How much Activity |
| Week 6 – | Chapter 5 - Cardiovascular Guidelines |
| Week 7 – | Exam 1 covering Chapters 1-5 |
| Week 8 – | Review of Exam 1, Quiz and Project standing |
| Week 9 – | Chapter 6 - Walking Programs |
| Week 10 – | Chapter 7- Muscular Strength & Endurance |
| Week 11 – | Chapter 7b - Muscular Strength & Endurance |
| Week 12 – | Chapter 8a - Nutrition |
| Week 13 – | Final Project Due – Project - Healthy Recipe, Review of Chapter Quizzes, Walking Logs and Project standing |
| Week 14 – | Chapter 8b - MyPlate, SACS Test |
| Week 15 – | Exam 2 covering Chapters 6-8 |

Class Participation

Overall Class Participation:

It is expected that students will 1.) engage in reviewing the PowerPoint for each chapter or learning module of the class, 2.) engage in at least two weekly power walking sessions as identified in the calendar syllabus and return a written log of the distance walked and the time it took to cover the distance (the target is under 15 minutes per mile), 3) review & answer the chapter quizzes and look for feedback on question(s) that are missed or incorrectly/incompletely completed, 4.) review the Study Guides before each of the two major exams to better your score and 5.) to interact with the teachers on any aspect of the modules where help is needed.

Power Walking (out of class):

Students are expected to complete at least two (2) physical power walk each week at home or in their neighborhoods. Distances will vary but will range between 2-5 miles per session. Each walking segment should be in a maximum of 15 minutes per 1 mile and must total at least 1-4 miles each week of the

class. Students will record their walking data for each session completed by noting the time & distance. The goal is to raise the heart rate in order to positively affect the cardio vascular endurance.

Course and Class Policies/Procedures

Program Specific Policies: The basic objective is for the student to have at least two active sessions during each week in which the cardio rate is advanced. To make this happen students will be Power Walking during walking sessions as a part of their homework assignment. The class calendar will announce the minimum length of the walks.

Late Completion of Projects, Home Work and Test

Although it is possible to turn in or complete projects after deadlines, there is a penalty of a 50% loss of points will be invoked. One (1) late submission will be exempted. Those late submission will be uploaded into the Late Submission Drop Box.

Online/Web-Enhanced Course Supplementary Information

Online/Web-Enhanced Course Components:

| | |
|---|--|
| Virtual Office Hours | For web-based courses, the easiest way to reach me is through email. You can expect a response within 24-48 hours with the exception of weekends and holidays. |
| Library Information | This is the library website (http://library.ws.edu/c.php?g=181040&p=1191972). |
| Technical Support | This is the Helpdesk website (http://helpdesk.ws.edu/). |
| Web Addresses/Resources | None |
| Guidelines for Communication: Email, Discussion Posts, Chat | Participate and collaborate constructively with peers. Be respectful toward all members of the class and their views. |

Academic Program Standards/Policies/Accreditation Information

Welcome to PHED 1137 - POWER Walking - Tuesdays @ 6:00 pm – Sevierville Campus Fall 2023

Your instructor for the class is - **Harold Denton**

Walters State will observe the published academic calendar regarding all semester dates. View the WS Academic Calendar.

During the Fall 2022 semester this course will be offered in a hybrid course format. Hybrid for this course is defined as follows:

- **Class Session Days & Time:** Tuesdays, at 6:00 pm on August 22.
- **Class Meeting & Day:** **Tuesday, August 22 at 6:00 pm in MMH 116** (our 1st class is the **ONLY** in person class mtg. all others are virtual on MS Teams)
- **Microsoft Team Meeting & Day:** **Tuesday, Sept. 5, Oct. 17 & Nov. 14 at 6:00 pm on line**, each student will have Microsoft's Team individually scheduled meetings on the dates listed. (Place these dates in your calendar NOW. List them starting at 6:00 pm.) Other individual meetings can be arranged via contacting the professor via email or text.
- **Assignments:** All assignments, quizzes and homework are located in the course syllabus, eLearn's Content's section, DropBox and will be further define in class sessions. **Chapter Quizzes and Walking Logs are due to be turned in each Monday by 6:00 pm!**
- **Exams:** Two quizzes will be available on eLearn.
- **Minimum Technology Requirements:** eLearn is the primary communications tool for the course. The class will utilize Microsoft Team for virtual or individual class meetings.

The class will offer you the ability to participate in the world's simplest, yet most effective physical activity – **WALKING**. Walking with attitude, up tempo, speed and enthusiasm is called **POWER (PWR) WALKING**. However, this class will not be just a "stroll in the park". You may choose to walk in two of the Sevierville parks (City Park and Memorial Park), on the Walters State campus or home or any other favorite venue. In class, we will discuss your lifestyle and how **PWR WALKING can improve it**. Walking with an **"attitude"** can increase your fitness level, burn calories as well as enhance your cardiovascular system. It can even enhance your self-esteem.

It is the objective of this class that you will adopt walking and/or some other forms of vigorous activity as a part of your future healthy lifestyle. Plus, we'll take a look at your diet and explore nutrition and discuss its impact. After all, when you have your 30th high school reunion, you want to **look more than good**. You want to look **GREAT!!!!**

This class will be conducted as a **hybrid class**. That means that we will meet class requirement in several ways. **We will meet face to face on one occasion (Tuesday, August 22)**. We will also have private meeting sessions via Microsoft's Teams

to communicate, give direction and/or clear your questions on specific dates and times for each student. Additionally, I will imbed the chapter lectures as well as directional information into eLearn's News so you can review them at your leisure. Plus, we will be utilizing eLearn's Dropbox to collect & communicate information in reference about your homework. Of course, if you get in a jam, my personal email address and cell number are listed for you to text questions or request direction.

As a hybrid course, you have quite a bit of freedom to move forward or procrastinate. I expect you to stay on task and meet deadlines! There are severe penalties for procrastination.

At the class meeting we will go over class requirement, mechanics and lightly review Chapters 1 in class found in ***Fitness Walking Everyone*, 3rd edition**. Kathryn L. Davis.

To save you some work in class, I would advise you to go to Walters State e-Learn web page before the class and review the Lecture PowerPoints. The PowerPoints will give you summary of what I want you to be aware in the accompanying in each chapter. Plus, it will save you from some extensive note taking.

There are eight **Chapter Quizzes**. I have set up locations in eLearn Dropbox for your homework. The Chapter Quizzes will be due as part of your chapter review homework. In addition, you will be PWR Walking as a weekly class assignment and keeping a **Walking Log**. You will record (distance and length of time you walked.) the day's **Home Walks**. To aide this, I will recommend that you add a free APP to your smartphone or pad. The app is **MapMyWalk** or use your **Smart Watch**. The data you need is a display of your distance, speed and time. Thereafter, record the info in your Walking Log, take a weekly picture of your Walking Log (name, and week affected included) send it to me and deposit it in the DROPBOX on Monday's by 6:00 pm. By the way, by walking added distances with lower times can earn you **extra credit**.

Weather can cause the walking venue changes. A quick run to the safety of your car or safe area may be needed.

Attire: I would recommend that you dress weather appropriately. This includes everything from shorts and t-shirt to coats, jackets, sweat shirts, hat, gloves and maybe a mask. Dress as you feel appropriate, possibly even bring an umbrella. Wear appropriate footwear (***please do NOT wear flip flops, shower shoes, work boots or any non-supportive shoes***). Socks are highly recommended. The plan is that you will be PWR Walking as **homework**. You will **walk at home** (or any place of your choosing) and record the distance covered and length of time taken. You will be PWR Walking on **at least two (2) occasions each week**. See the Class class calendar for changing distances. May I suggest that you involve a family member, friend or a pet to walk with you? It will be good for them and you, and lots more FUN too.

See you on **Tuesday, August 22th** in Walters State room **MMH 116 - Sevierville @ 6:00 pm**.

Harold Denton
Walters State Adjunct Professor

Academic Honesty

Faculty expect all students to refrain from acts of academic misconduct including but not limited to:

1. Plagiarism - refers to using another person's ideas or writing without giving proper credit to the original source. Indulging in this type of conduct will subject the student to disciplinary sanctions, which may be imposed through the regular institutional procedures of Walters State Community College as outlined in the Student Handbook. Plagiarism will result in a grade of "0" for the paper/exam/presentation. Student Conduct and Disciplinary Sanctions contained in the college Catalog/Student Handbook apply (see policy 04:18:02 Disciplinary Sanctions). Plagiarism includes, but is not limited to the following:
 - a. Using cut/paste tool from original document with no references given.
 - b. Copying another student's work and submitting it as one's own.
 - c. Forging or otherwise altering signatures.
 - d. Giving or falsifying academic documents or materials.
2. Cheating - construed as attempting to deceive or mislead which includes, but is not limited to the following:
 - a. Utilizing old tests, projects, notes or written papers.
 - b. Providing unauthorized information to a fellow student about exam content.
 - c. Receiving unauthorized aid from any source with quizzes, examinations, or other assignments.
 - d. Seeking information in an unacceptable manner during/preceding an exam or other assigned work (cheat sheet, verbal exchange, looking at another person's paper or electronic device, utilizing headphones, using textbook when the test/quiz is not an open book test/quiz, using textbook test bank etc.).
 - e. Consulting with a classmate or others when taking a computerized test.
 - f. Disregarding other specific policies and procedures outlined for a particular class.
 - g. Utilizing unapproved technology/electronic equipment during testing (i.e.: mobile devices such as cell phones, smart devices, or tablets, etc.).
 - h. Using the same Internet Protocol network address (IP address) as another student for testing without approval from the course faculty.
3. The use of any generative artificial intelligence (AI) tool, such as OpenAI's ChatGPT, Google's Bard, or any other pre-trained language model (commonly referred to as "chatbot"), must be cited for any assignment where it has been used and may not be used unless specifically

allowed by your instructor. Please see your instructor or the course policies within the syllabus if you have questions.

Student Resources

TUTORING SERVICES

Students in need of tutoring assistance are encouraged to contact the Office of Student Tutoring located as follows:

- Morristown Campus - Student Services Building Room L107 - (423) 585-6920
- Niswonger Campus - GRNV 226 - (423) 798-7982
- Sevierville Campus - MMH Room 210 - (865) 286-2787
- Claiborne Campus - Room 123A - (423) 851-4761

Specific tutoring assistance in mathematics and writing is available in-person and online as follows:

- Morristown Campus - English Learning Lab - HUM 120 - (423) 585-6970

[Walters State English Learning Lab \(opens in new window\)](https://www.walters.edu/academics/humanities/writing-lab)
[ws.edu/academics/humanities/writing-lab](https://www.walters.edu/academics/humanities/writing-lab)

- Morristown Campus - Mathematics Lab - MBSS 222 - (423) 585-6872

[Walters State Mathematics Learning Lab \(opens in new window\)](https://www.walters.edu/academics/mathematics/learning-lab)
[ws.edu/academics/mathematics/learning-lab](https://www.walters.edu/academics/mathematics/learning-lab)

TECHNOLOGY SUPPORT

Students who need assistance with computing and technology issues should contact the IET Helpdesk by phone at Morristown: (423) 318-2742; Niswonger: (423) 798-8186; or Sevierville: (865) 286-2789 or on-line access.

[Walters State Helpdesk \(opens in new window\)](https://helpdesk.walters.edu)
helpdesk.walters.edu

STUDENTS WITH DISABILITIES SUPPORT SERVICES

Students with disabilities must register with Student Support Services each semester in the Student Services Building, Room U134 (phone (423) 585-6892) if they need any special facilities, services, or consideration.

[Walters State Student Support Services \(opens in new window\).](https://www.waltersstate.edu/student-services/disability/)
[ws.edu/student-services/disability/](https://www.waltersstate.edu/student-services/disability/)

SUICIDE PREVENTION STATEMENT

Walters State is committed to and cares about all students. Support services are available for any person at Walters State who is experiencing feelings of being overwhelmed, hopelessness, depression, thinking about dying by suicide, or is otherwise in need of assistance. For immediate help, contact the National Suicide Prevention Lifeline by calling or texting 9-8-8 or the Trevor Lifeline at 1-866-488-7386. Veterans may also contact the Veterans Crisis Line at 1-800-273-8255 (press 1) or Text 838255.

Walters State has a relationship in place with the following community agencies to provide services (may include crisis referral services, prevention screenings, etc.):

- Cherokee Health Systems 423-586-5032
- Frontier Health 423-467-3600

College Policies

STUDENTS HANDBOOK AS OFFICIAL GOVERNING DOCUMENT

This class is governed by the policies and procedures stated in the current Walters State Community College Student Handbook. All students attending Walters State Community College, regardless of the time, location, or format of the class, must abide by the rules and regulations outlined in the current Walters State Catalog/Student Handbook and the current Walters State Timetable of Classes.

[Walters State Catalog \(opens in new window\).](https://www.waltersstate.edu/catalog/)
[catalog.ws.edu/](https://www.waltersstate.edu/catalog/)

[Walters State Timetable of Classes \(opens in new window\).](https://www.waltersstate.edu/admissions/registration/)
[ws.edu/admissions/registration/](https://www.waltersstate.edu/admissions/registration/)

PURPOSE, LIMITATIONS AND MODIFICATION OF SYLLABUS

This syllabus sets forth the expectations for the course content, work, and grading as well as expectations for student performance and conduct. The syllabus does not constitute a contract between the student and the instructor or the College. The information contained here is subject to change at any time. The instructor reserves the right to modify this syllabus at any time with written notification to the students. Though changes are possible, it is expected that the course will be conducted as described in this syllabus for the semester/year specified in the Course Information section of the syllabus. This syllabus is only valid for the semester/year specified and course requirements are not guaranteed for future semesters.

COURSE GROUND RULES

- Students must attend the first day of on-ground class or contact the instructor prior to the first class. Failure to do this may result in being dropped from the class. Excessive absences may substantially lower the course grade.
- Regular class attendance is a student's obligation for any course regardless of format. (See the Walters State Catalog/Student Handbook). If a student misses class, it is his or her responsibility to contact the instructor regarding missed assignments and/or activities and to be prepared for the next class assignment.
- Students enrolled in web courses must follow the course attendance policy defined for online attendance during the first week of class and throughout the term. Failure to do this may result in being dropped from the class during week one OR may result in the accrual of absences which may negatively impact the student's grade in the course.
- Students who have not paid fees on time and/or are not correctly registered for this class and whose names do not appear on official class rolls generated by the Walters State student information system (MyWS) will not be allowed to remain in class or receive credit for this course.
- Electronic devices must not disrupt the instructional process or college-sponsored academic activity. Use of electronic devices is prohibited unless use of the device is relevant to the activity and use is sanctioned by the faculty member in charge. Electronic devices that are not relevant to the activity or sanctioned by the faculty member in charge should be set so that they will not produce an audible sound during classroom instruction or other college-sponsored academic activity.

FINANCIAL AID

Students receiving any type of financial aid or scholarship should contact the Financial Aid Office before making any changes to their schedule. Schedule changes without prior approval may result in loss of award for the current term and future terms.

All forms of student Financial Aid may be jeopardized or lost due to the lack of Satisfactory Academic Progress in one or multiple courses. Lack of Satisfactory Academic Progress may negatively impact a student's degree/certificate completion pace and further jeopardize Financial Aid eligibility.

CANCELLATION OF CLASSES AND ACADEMIC CONTINUITY

For information related to the cancellation of classes due to inclement weather or other events, please check the Senators Emergency Text system or the college's Web site at:

[Walters State Homepage\(opens in new window\).
ws.edu/home/](http://WaltersStateHomepage.opens.in.new.window.ws.edu/home/)

[Walters State Facebook page \(opens in new window\)](#)

<https://www.facebook.com/WaltersState/>

[Walters State Twitter page \(opens in new window\)](#)

<https://twitter.com/waltersstate>

or call the college's student information line, 1-800-225-4770, option 1; the Sevier County Campus, (865) 774-5800, option 7; the Niswonger Campus (423) 798-7940, option 7; or the Claiborne County Campus, 423-636-6200, option 7. Also, please monitor local TV and radio stations for further announcements.

When an event or disaster interrupts the scheduled operations of the college and the ability to proceed with the academic course activities as planned, the college and your instructor may alter the course plan outlined in the syllabus. Should an event occur, students should refer to their course e-Learn pages and/or class materials previously delivered to receive guidance from their instructor. Students should continue to monitor the official college channels of communication listed in the above paragraph. If you would like to sign up for the Senators Emergency Text system, please go to the following Web site:

[Senator Emergency Text System \(opens in new window\)](#)

<ws.edu/set/>

Dual Enrollment students attending on a high school campus should refer to the high school inclement weather cancellations.

LEARNING MANAGEMENT SYSTEM

Brightspace (commonly known as eLearn or D2L) is the college's Learning Management System (LMS).

Brightspace is committed to accessibility by "deliver[ing] a learning experience that meets the needs of all people, regardless of age or ability." [Brightspace Accessibility Standard \(opens in new window\)](#)

Brightspace is also committed to guarding student data and privacy. [Brightspace Privacy Policy \(opens in new window\)](#)