



**INSTRUCTIONAL HOURS: 12**

**RECOMMENDED PRE-REQUISITE(S): N/A**

**CO-REQUISITES: N/A**

**APPROVED FOR USE IN ACADEMIC SEMESTERS: 2011/2012**

**COURSE DESCRIPTION:**

Explore this unique walking technique used by Olympic athlete racewalkers. Learn to walk with great ease, efficiency and speed and have fun in the process. Burn more calories with less stress on your knees, hips and other joints. This workout will improve core strength and assist in weight loss by working all muscles from head to toe. We will also incorporate easy yoga stretches and a healthy alternative lifestyle including nutrition, positive affirmation and lots of fun. Classes will be indoors and outdoors depending on weather conditions. Please wear loose clothing or running attire and running shoes. If you have a yoga mat, please consider bringing it.

**RATIONALE:**

This course is designed to explore a new walking technique that will assist in building body endurance, core strength/stability and muscle strength/flexibility. It will also assist participants in future injury avoidance/recovery, cross-training, weight loss and blood pressure issues.

**COURSE DELIVERY:**

The course content will be presented through a blend of instructional methods which will include hands-on activities, discussions and representations.

**LEARNING OBJECTIVES/OUTCOMES:**

Upon successful completion of this course, the student will be able to:

Incorporate new racewalk skills (including stretches) in their regular workouts and explore/experience the possibilities of overall health improvement.

**TOPICS:**

- Basic race walk techniques
- Warm up and cool down stretches (basic yoga stretches)
- Personal goals
- Healthy diet
- Developing daily exercise routine
- Getting to know your yourself
- Positive affirmation

**REQUIRED COURSE MATERIAL:**

Comfortable shoes and a bottle of water. Yoga mat (optional).

**STUDENT EVALUATION**

At the end of the semester, the student will receive a final report noting his/her progress in relation to the learning outcomes. This grade will be posted on the student portal at [my.saultcollege.ca](http://my.saultcollege.ca). The student's progress will be recorded using the following grades.

**S** - Satisfactory achievement in field /clinical placement or non-graded subject area.

**U** - Unsatisfactory achievement in field/clinical placement or non-graded subject area

**Teaching Contact** Lil Siltanen  
(705)575-5263  
(705)971-8399

**Academic  
Manager  
Signature** "Laurie Poirier"

NOTICE TO ALL  
STUDENTS:

We urge you to retain this course outline for future reference. There is a charge for additional copies.