PHYE 158 M01
Training to Walk A Half Marathon
Fall 2009 1 Credit
T 5:00- 5:50 pm

Instructor: Alice Schenk
Office Phone: 438-5562 (Home)
Blackboard: http://blackboard.csi.edu/
Office Hours: By Appointment
Email: aschenk@csi.edu

College Mission Statement: The College of Southern Idaho, a comprehensive community college, provides educational, social, cultural, economic, and workforce development opportunities that meet the diverse needs of the communities it serves. CSI prepares students to lead enriched, productive and responsible lives in a global society.

CSI E-mail Statement: Since email is the primary source of written communication with students, all registered CSI students get a college email account. Student e-mail addresses have the following format: <address>@eaglemail.csi.edu where <address> is a name selected by the student as a part of activating his/her account. Students activate their accounts and check their CSI e-mail online at http://eaglemail.csi.edu. Instructors and various offices send messages to these student accounts. Students must check their CSI e-mail accounts regularly to avoid missing important messages and deadlines. At the beginning of each semester free training sessions are offered to students who need help in using their accounts.

Disability Statement: Any student with a documented disability may be eligible for related accommodations. To determine eligibility and secure services, students should contact the Coordinator of Disability Services at their opportunity after registration for a class. Student Disability Services is located on the second floor of the Taylor Building on the Twin Falls campus. 208-732-6260 (voice) or 208-734-9929 (TTY) or e-mail cmmumford@csi.edu.

On-line Course Evaluation Statement: Students are strongly encouraged to complete evaluations at the end of the course. Evaluations are very important to assist the teaching staff to continually improve the course. Evaluations are available online at: http://evaluation.csi.edu. Evaluations open up two weeks prior to the end of the course. The last day to complete an evaluation is the last day of the course. During the time the evaluations are open, students can complete the course evaluations at their convenience from any computer with Internet access, including in the open lab in the Library. When students log in they should see the evaluations for the courses in which they are enrolled. Evaluations are anonymous. Filling out the evaluation should only take a few minutes. Your honest feedback is greatly appreciated!

Course Description: This course is designed to be a training program in preparation for a walking \( \frac{1}{2} \) marathon and has adaptations in place for a 5K or a 10K walk. It involves weekly goal setting incentive and focuses on a variety of walking experiences for fun and cardiovascular improvement. It emphasizes body mechanics and identifies concepts so the student may have a lifetime of walking enjoyment. The course may involve opportunities to group walk in Twin Falls, Sun Valley and Boise. The class is designed for all ages as well as all levels of fitness.

Student Learning Outcomes and Assessments: