WALK FIT

Requirement area: PE or Elective
Course code: PWC100/102
Grade Level: 9, 10, 11, 12
Prerequisite: Requires Instructor permission
Length: 1 semester (0.5 credit), repeatable as enrollment permits with instructor permission
Homework: 0-30 minutes per week
Fee: $5

Description: The focus of this class is to provide students with the instruction of walking for fitness and developing a life-long fitness program. The emphasis is on improving cardiovascular fitness as well as muscular endurance and muscular strength. This class is for students who are new to physical activity and/or have a low level of fitness and have the desire to improve their overall level of fitness. This class is designed to be held outdoors every day of the semester regardless of the weather. This project has been supported by a grant from Bearcat Pride Parent Teacher Group in support of Monroe School staff and students.