

## **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.**