

KSS 1554 - Fitness Walking

Fall 2026 Syllabus, Section 01, CRN 40111,

Credit hours: 1

Instructor

Carla Moser-Flatley

Email: cjmoserflatley@ysu.edu

Public Instructor Information

Instructor Title: KSS Part-time faculty

Instructor Qualifications: BS Exercise Science

Instructor Office Location: Beeghly Center 307A

Instructor Office Phone: 330-941-1904

Course Description

1554. Fitness Walking. Information on the benefits of walking for fitness. Health advantages, appropriate conditioning, pace, warm-up and cool-down. Practical experience in the skills needed to achieve success in developing and adhering to a walking program. 1 s.h.

Course Readings

Group	Title	Author	ISBN
	No readings		

The course readings are subject to change in the event of extenuating circumstances, research developments, current events, and/or to ensure better learning.

Schedule of Classes (subject to change)

Week of	Proposed Topic	Due/To Prepare for Class
8/24	Syllabus review/ warm-up, walk, stretch WATTS or outside	
8/31	No Class Monday/ 12 minute walk test WATTS	
9/7	Target Heart rate lecture/ walk with monitor HR/HW #1 given	
9/14	1 mile timed walk/ 40 min campus walk (weather permitting)	
9/21	Lecture Setting goals HW 2/Campus walk	
9/28	Stadium walk or steps (weather permitting)	
10/5	Walking workout- Lecture proper shoes and injury prevention	
10/12	Walking intervals/Anatomy fill in sheet HW3	
10/19	1.5 mile and 2 mile walk WATTS	
10/26	Pilates workouts	
11/2	Walking	
11/9	Nutrition lecture HW #4/ No class Wed YSU Closed	
11/16	Soccer/ kickball/ frisbee	
11/23	Walking/ No class Wed Thanksgiving	
11/30	Walking workout/ 12 minute walk test repeat	
12/7	No class No final Happy Holidays!!	

The course schedule, policies, procedures, and assignments in this course are subject to change in the event of extenuating circumstances, by mutual agreement, and/or to ensure better learning.