

**Cindy Starzenski, Physical Education**

**WID Fellows Teaching Portfolio – Winter 2010**

**D. Walking and Mapping Assignments**

This two following assignments involve mapping, which is a form of writing that is not common to many disciplines.

**1. Walk the Talk: A Fitness and Mapping Activity**

Each group will design and execute a walk, as well as evaluate a walk designed by another group.

Stage 1 - Design:

Please complete the following tasks:

1. Go for a fitness walk with your group. 2. Draw a map of the route, clearly indicating street names, paths, stairs, parks etc. 3. Take your heart rates two times on the walk, and once before you leave. Please indicate on the map where the heart rate checks were done (and should be done by future walkers.) 4. Create 10 questions to answer about your route, making it like a scavenger hunt or orientation race. For example: What colour is the door of the house at 14 Elm Street? or: How many stairs are there leading up to the Westmount Library? The questions should be straightforward and easy to answer if the map is followed correctly. 5. Complete this form with your group, and hand it in. 6. Your route and map and directions will then be evaluated by another group which will complete your walk you have designed.

Criteria for the walk: Must be 65-75 minutes long. Must include at least one long hill or set of stairs (in an up-hill direction.) Must begin and end at the deMaisonneuve entrance at Dawson College. All of the walk occurs on public land, and on what would be considered public pathways (no bushwacking!) Groups should do their best to choose an enjoyable and interesting route. Indicate landmarks on your map. Give your route a descriptive or thematic name!

Group members : \_\_\_\_\_

Route Name: \_\_\_\_\_

1 \_\_\_\_\_ Starting HR \_\_\_\_\_ HR 1 \_\_\_\_\_ HR 2 \_\_\_\_\_

2 \_\_\_\_\_ Starting HR  $\frac{1}{2}$  \_\_\_\_\_ HR 1 \_\_\_\_\_ HR 2 \_\_\_\_\_

3 \_\_\_\_\_ Starting HR  $\frac{1}{3}$  \_\_\_\_\_ HR 1 \_\_\_\_\_ HR 2 \_\_\_\_\_

Evaluating group members:

1 \_\_\_\_\_ Starting HR  $\frac{1}{2}$  \_\_\_\_\_ HR 1 \_\_\_\_\_ HR 2 \_\_\_\_\_

2 \_\_\_\_\_ Starting HR  $\frac{1}{3}$  \_\_\_\_\_ HR 1 \_\_\_\_\_ HR 2 \_\_\_\_\_

3 \_\_\_\_\_ Starting HR  $\frac{1}{4}$  \_\_\_\_\_ HR 1 \_\_\_\_\_ HR 2 \_\_\_\_\_

Questions:

1. \_\_\_\_\_

Answer: \_\_\_\_\_

2. \_\_\_\_\_

Answer: \_\_\_\_\_

3. \_\_\_\_\_

Answer: \_\_\_\_\_

4. \_\_\_\_\_

Answer: \_\_\_\_\_

5. \_\_\_\_\_

Answer: \_\_\_\_\_

6. \_\_\_\_\_

Answer: \_\_\_\_\_

7. \_\_\_\_\_

Answer: \_\_\_\_\_

8. \_\_\_\_\_

Answer: \_\_\_\_\_

9. \_\_\_\_\_

Answer: \_\_\_\_\_

10. \_\_\_\_\_

Answer: \_\_\_\_\_

Please insert the good copy of your map here. Include a clear Legend.

### Stage 2 - Evaluation

After walking the route designed by another group, answer the following questions.

Start time: \_\_\_\_\_

Finish time: \_\_\_\_\_

Total time: \_\_\_\_\_

Was the route 65-75 minutes? \_\_\_\_\_

What did you enjoy about the route? \_\_\_\_\_

\_\_\_\_\_

Was the map easy to follow? \_\_\_\_\_

\_\_\_\_\_

Did you all get into your target heart rate zone at some time during the walk?

\_\_\_\_\_

If not, why not? \_\_\_\_\_

\_\_\_\_\_

Comments? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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## **2. Fitness Walking Intensive**

### **Instructions:**

You and your group decide on your route. You must incorporate the following destinations in this order: 1. Mc Gill campus (bordered by McTavish and University and Sherbrooke streets) and cut through the campus. 2. The corner of Duluth and St. Denis 3. Lafontaine Park (3933, Parc Lafontaine bordered by Sherbrooke, Papineau, Rachel and avenue du Parc-La Fontaine (the northern extension of Amherst Street) but quasi-bisected by Calixa-Lavallée Avenue.) Take a path through the park. 4. The Old Port Clock Tower. Aim to be there between 12 and 12:30. I will meet you there. 5. Walk back to Dawson along the Lachine Canal pathway. On your way, keep note of the streets you take and take note of 15 interesting “landmarks” along the way. After your walk, your group will produce a map of your walk with clear indications of your landmarks and a legend if necessary. There should be one very distinct “landmark” or point of interest at each of the 5 destinations. Hand in this map on Tuesday, but show me at least a rough copy in my office after the walk today. Stop for breaks when you need to. Change the leader often. Keep track of time. HAVE FUN!