

Syllabus for
HPER 025—Aquatic Exercise
0.5–1 Credit hour
Spring 2005

I. COURSE DESCRIPTION

Designed for the student to be involved in a variety of aerobic conditioning activities in the water to promote aerobic and musculoskeletal fitness. These activities include exercises for muscle flexibility, strengthening, jogging, and other rhythmic movements for cardiorespiratory conditioning. All aquatic exercises are performed in the shallow end of the pool.

Prerequisites: HPER 001 and HPER 002; or GHPE 503.

II. COURSE GOALS

The purpose of this course is designed to enable the student do the following:

- A. Develop an understanding and appreciation of aquatic exercise.
- B. Understand and appreciate how aquatic exercise fits into the aerobic program and the benefits that come from participating in aquatic exercise.
- C. Understand how aquatic exercise contributes to the development of the whole person.

III. STUDENT LEARNING OUTCOMES FOR THIS COURSE

As a result of successfully completing Aquatic Exercise, the student will be able to develop a good aerobic program and be able to do the following:

- A. Perform the specified aquatic exercises at 65-85 percent maximal heart rate.
- B. Define aerobic terminology.
- C. Measure pulse rate before and after aerobic activity and to understand its implication.
- D. List the properties of water and tell how they affect exercise in the water.
- E. Design an exercise that could be done in class.
- F. Have fun while keeping fit.

IV. TEXTBOOK

ORU Aerobic Activity Log book.

V. POLICIES AND PROCEDURES

- A. University Policies and Procedures
 - 1. Attendance at each class or laboratory is mandatory at Oral Roberts University.
 - 2. Double cuts will be assessed for absences immediately preceding or following holidays.

3. Excessive absences can reduce a student's grade or deny credit for the course.
4. Students taking a late exam because of an unauthorized absence will be charged a late exam fee.
5. Students and faculty at Oral Roberts University adhere to all laws addressing the ethical use of others' materials, whether it is in the form of print, video, multimedia, or computer software.
6. Final exams cannot be given before their scheduled times. Students need to check the final exam schedule before planning return flights or other events at the end of the semester.

B. Department Policies and Procedures

1. Field Test Policy
 - a. must be taken every semester in each enrolled activities class.
 - b. must be administered by your activities class instructor during the scheduled class time.
 - c. automatic failure for cheating on field test or assisting another to cheat.
2. HPER 025 course may only be taken twice for credit. Additional 025 classes may be taken but will not count toward ORU/HPER activity requirements for graduation.
3. Class Attendance
 - a. Student is expected to attend and participate in all class activities unless administratively excused. Only administrative excuses on the proper form are accepted. Excessive absences can reduce a student's grade or deny credit for the course. **Illness and injuries are not considered excused absences.**

Unexcused Absences	Letter Grade Subtracted From Final Grade
1-3	0
4	1
5	2
6	3
7	Fail the Course

- b. Every two tardies are considered an unexcused absence. Arriving late to class causes disruption and demonstrates a lack of respect for the instructor and the University.

C. Course Policies and Procedures

1. Swimsuits are required. No cutoffs, walking shorts, or gym shorts allowed. Females must wear one-piece swimsuits. Males must wear swim trunks.
2. Evaluation Procedures
 - a. Health Fitness

(1.) Aerobic Points & Summary Sheet	10%
(2.) Field Test	30%
(3.) Body Composition	5%
If you are currently over the maximum body composition standard (20% men/30% women), you should enroll in HPER 092—Exercise and Weight Control and drop this class.	
(4.) Body Mass Index (BMI)	5%
 - b. Class Participation/Attendance 50%

c. Grading for the courses is as follows:

A=90%

B=80%

C=70%

D=60%

Less than 60% = 'F'/Failed Course

Student opting for 1.0 credit must design an exercise program to be done in class. Failure to comply with this requirement will result in a final lowering of one letter grade.

3. Health Fitness Standards

BODY COMPOSITION — MEN

Levels of Fitness	Points Toward Grade	Age				
		Under 25	25-34	35-44	45-54	55+
Unhealthy	0	<5%	<5%	<5%	<6%	<7%
Healthy	5	5-16	5-16	5-17	6-18	7-19
Unhealthy	0	>16	>16	>17	>18	>19

BODY COMPOSITION — WOMEN

Levels of Fitness	Points Toward Grade	Age				
		Under 25	25-34	35-44	45-54	55+
Unhealthy	0	<15%	<15%	<15%	<16%	<17%
Healthy	5	15-26	15-26	18-27	16-28	17-29
Unhealthy	0	>26	>26	>27	>28	>29

AEROBIC POINTS

(Average Weekly Amount for 13 Weeks)

<u>Level of Fitness</u>	<u>Points Toward Grade</u>	<u>Weekly Aerobic Points</u>
Excellent	10	50+
	9	45
Good	8	40
	7	35
Average	6	30
	5	25
Fair	4	20
	3	15
Poor	2	10
	1	5

FIELD TEST STANDARDS
3-MILE RUN, 7 ½-MILE CYCLE, AND 1,100-METER SWIM
 (Women add 3 minutes to each time below)

<u>Level of Fitness</u>	<u>Points</u>	<u>Under 25</u>	<u>25-34</u>	<u>35-44</u>	<u>45-54</u>	<u>55+</u>
Excellent	30	21:00	22:00	23:00	24:00	25:00
	28	22:00	23:00	24:00	25:00	26:00
Good	26	23:00	24:00	25:00	26:00	27:00
	24	24:00	25:00	26:00	27:00	28:00
Average	22	25:00	26:00	27:00	28:00	29:00
	20	26:00	27:00	28:00	29:00	30:00
	18	27:00	28:00	29:00	30:00	31:00
Fair	16	28:00	29:00	30:00	31:00	32:00
	14	29:00	30:00	31:00	32:00	33:00
Poor	12	30:00	31:00	32:00	33:00	35:00
	10	31:00	32:00	33:00	35:00	37:00
Very Poor	8	32:00	33:00	35:00	37:00	39:00
	6	33:00	35:00	37:00	39:00	41:00
	4	35:00	37:00	39:00	41:00	43:00
	2	37:00	39:00	41:00	43:00	45:00

3-MILE WALKING
 (Women add 2 minutes to each time below)

<u>Level of Fitness</u>	<u>Points</u>	<u>Under 25</u>	<u>25-34</u>	<u>35-44</u>	<u>45-54</u>	<u>55+</u>
Excellent	30	33:00	35:00	37:00	39:00	41:00
	28	34:00	36:00	38:00	40:00	43:00
Good	26	35:00	37:00	39:00	41:00	45:00
	24	36:00	38:00	40:00	43:00	47:00
Average	22	37:00	39:00	42:00	45:00	49:00
	20	38:00	41:00	44:00	47:00	51:00
	18	39:00	43:00	46:00	49:00	53:00
Fair	16	41:00	45:00	48:00	51:00	55:00
	14	43:00	47:00	50:00	53:00	57:00
Poor	12	45:00	49:00	52:00	55:00	59:00
	10	47:00	51:00	54:00	57:00	61:00
Very Poor	8	49:00	53:00	56:00	59:00	63:00
	6	51:00	55:00	58:00	61:00	65:00
	4	53:00	57:00	60:00	63:00	67:00
	2	55:00	59:00	62:00	65:00	69:00

VI. COURSE CALENDAR

Week	Topic
1	Orientation. Review Syllabus.
2	Aquatic workout variations
3	Body Mass Index (BMI)
5- 6	Practice 3-mile Field Test
7-10	Advanced movement and equipment for increased intensity
11-12	Aquatic workout.
13	Running/Walking 3-Mile Field Test
14	Creative aquatic movement workout. Aerobic Activity Log Book/Summary sheet due to instructor during this class. Late aerobic points/summary sheet NOT accepted.

Course Inventory for ORU's Student Learning Outcomes

Aquatic Exercises □025 Spring 2005

This course contributes to the ORU student learning outcomes as indicated below:

Significant Contribution – Addresses the outcome directly and includes targeted assessment.

Moderate Contribution – Addresses the outcome directly or indirectly and includes some assessment.

Minimal Contribution – Addresses the outcome indirectly and includes little or no assessment.

No Contribution – Does not address the outcome.

The Student Learning Glossary at <http://ir.oru.edu/doc/glossary.pdf> defines each outcome and each of the proficiencies/capacities.

OUTCOMES & Proficiencies/Capacities		Significant Contribution	Moderate Contribution	Minimal Contribution	No Contribution
1	Outcome #1 – Spiritually Alive Proficiencies/Capacities				
1A	Biblical knowledge				X
1B	Sensitivity to the Holy Spirit				X
1C	Evangelistic capability				X
1D	Ethical behavior			X	
2	Outcome #2 – Intellectually Alert Proficiencies/Capacities				
2A	Critical thinking				X
2B	Information literacy				X
2C	Global & historical perspectives				X
2D	Aesthetic appreciation				X
2E	Intellectual creativity				X
3	Outcome #3 – Physically Disciplined Proficiencies/Capacities				
3A	Healthy lifestyle	X			
3B	Physically disciplined lifestyle	X			
4	Outcome #4 – Socially Adept Proficiencies/Capacities				
4A	Communication skills			X	
4B	Interpersonal skills			X	
4C	Appreciation of cultural & linguistic differences				X
4D	Responsible citizenship			X	
4E	Leadership capacity			X	