

Syllabus for
HPER 044—Step Aerobics
0.5–1 Credit hour
Spring 2004

I. COURSE DESCRIPTION

Designed to provide a variety of vigorous aerobic conditioning activities and flexibility training to promote aerobic fitness for the students. These include stepping, rhythmic movements, and exercises that are set to music as students step their way to fitness.

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

II. COURSE GOALS

This course provides the student with the framework and guidance needed for developing an individual aerobic program. This course will enable the student will be able to do the following:

- A. Develop the ability to perform specified step aerobic workouts at a high level of aerobic capacity.
- B. Learn the knowledge and understanding of aerobic terminology.
- C. Learn to measure pulse rate before and after aerobic activity, and understand its implications.
- D. Gain an increase in overall range of motion through flexibility training.
- E. Learn to have fun while keeping fit.

III. COURSE OBJECTIVES

As a result of successfully completing this course, the student will be able to do the following:

- A. Define step aerobics and aerobics in general.
- B. Exceed the minimum standards for the three-mile run and aerobic points.
- C. Accurately measure resting and exercise pulse rates, and be able to pace exercise to a working heart rate with the step-training workout.
- D. Perform specific step-aerobic movements at an appropriate level of intensity.

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 044 course may only be taken twice for credit. Additional 044 classes may be taken but will not count toward ORU/HPER activity requirements for graduation.
3. Class Attendance
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 Reduced From Final Grade
1-3	0
4	1
5	2
6	3
7	Fail the Course

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. Evaluation Procedures
 - a. Health Fitness
 1. Aerobic Points 10%
 2. Field Test 30%
 3. Body Composition 5%

Students currently over the maximum body composition standard (20% men/30% women) should enroll in HPER 092—Exercise and Weight Control **and** drop this class.

 - (4) Body Mass Index 5%
- b. Class Participation 50%
- c. Grading for the courses is as follows:
 - A=90%
 - B=80%
 - C=70%
 - D=60%

Less than 60% = F/Failed Course

Students opting for 1.0 credit hour are required to find one new step aerobic move and present it to the classe. Failure to comply with this requirement results in a final lowering of one letter grade.

2. Health Fitness Standards

3-MILE RUN, 7_-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</u> <u>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</u> <u>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

BODY COMPOSITION — MEN

Levels of Fitness	Points		Age				
	Toward	Grade	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		Age				
	Toward	Grade	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

VI. COURSE CALENDAR

Weeks	Topic
1-4	Musculoskeletal warm-up routines and basic step workout and teaching patterns
5-8	Step workout variations
9	Body Mass Index
10-12	Teaching add-on movements for increased intensity and total body conditioning
13	3-Mile <i>Field test</i>
14	Activity log (aerobic points) and summary due, and turned in directly to instructor during this class. Continuation of Step Aerobics workouts at an increased intensity
15	Make-up work must be turned in during this class. Make-up work turned in after this class will not be accepted.

Frederick, Tonia/Domeck, Claire
Name of Instructor

HPER 044
Course No.

Step Aerobics
Title of Course

HPER
Name of Department

MISSION

The lifestyle at ORU is rooted in the word "Wholeness." ORU seeks to educate the whole person, with balanced emphasis placed on the development of the mind, spirit, and body.

MAJOR OUTCOMES

To develop agility and coordination through participation in the sport.

To demonstrate aerobic fitness improvement.

To develop overall muscular endurance through participation in aerobic activity.

COURSE GOALS

To perform step aerobic movements within the training zone.

To develop cardiovascular fitness.

To demonstrate improvement on the field test.

ASSESSMENT OF COURSE GOALS

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Field Test
Aerobic Points
Body Composition
Body Mass Index
Participation

GENERAL OUTCOMES

1. Spiritual Development
2. Physical Development
3. Communication
4. Analysis
5. Problem Solving
6. Valuing in Decision-making
7. Social Interaction
8. Global Perspectives
9. Effective Citizenship
10. Aesthetic Responsiveness

CRITERIA

Aerobic Points	10%
Field Test	30%
Body Composition	5%
Body Mass Index	5%
Participation	50%