

Syllabus for  
**HPER 099—Aerobic Proficiency**  
0.5-1 Credit hour  
Spring 2004

I. COURSE DESCRIPTION

Designed for seniors who can pass a field test and are capable of implementing a personal aerobics program without being required to attend weekly aerobics classes.

Prerequisites: HPER 001 and HPER 002; or GHPE 503. Must be a senior and able to pass the regular 3-mile run, 7.5 mile cycle, or 1100 meters swim field test.

II. COURSE GOALS

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

- A. Understand that success in achieving optimal fitness and self-confidence depends on self-discipline and determination in a regular pattern of exercise.
- B. Develop and implement a personal fitness exercise program.
- C. Understand how physical fitness contributes to the development of the whole personality.

III. COURSE OBJECTIVES

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

- A. Average at least 50 aerobics points per week for the semester.
- B. Complete a regular field test in under 30 minutes.
- C. Have a body composition of less than 15 percent fat for men and 25 percent fat for women.

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 099 may only be taken twice for credit. Additional 099 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 Subtracted From Final Grade
1	0
2	1
3	2
4	3
5	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 Procedure

1. Evaluation Procedures
 

Aerobics points	20%	A = 90% of total
Field test	60%	B = 80% of total
Percent fat	20%	C = 70% of total
	<u>100%</u>	D = 60% of total

Less than 60% = F/Failed

Course

2. Health Fitness Standards

**BODY COMPOSITION (Women add 10)**

Level of Fitness	Pts. Toward Grade	Under 25	25-34	35-44	45-54	55+
Unhealthy	0	<5%	<5%	<5%	<6%	<7%
Excellent	20	5-10	5-10	5-11	6-11	7-12
Good	20	11-15	11-16	12-17	12-18	13-19
Average	15	16-18	17-19	18-20	19-21	20-22
Fair	10	19-20	20-22	21-23	22-25	23-28
Poor	5	21-22	23-24	24-26	26-28	29-30
Unhealthy	0	>22	>24	>26	>28	>30

**STANDARDS FOR THE REGULAR FIELD TEST**  
**3-MILE RUN, 7.5 -MILE CYCLE, AND 1,100-METER SWIM**  
 (Women add 3 minutes to each time)

<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	60	21:00	22:00	23:00	24:00	25:00
Very Good	59	21:30	22:30	23:30	24:30	25:30
	58	22:00	23:00	24:00	25:00	26:00
	57	22:30	23:30	24:30	25:30	26:30
Good	56	23:00	24:00	25:00	26:00	27:00
	55	23:30	24:30	25:30	26:30	27:30
	54	24:00	25:00	26:00	27:00	28:00
Above Average	53	24:30	25:30	26:30	27:30	28:30
	52	25:00	26:00	27:00	28:00	29:00
	51	25:30	26:30	27:30	28:30	29:30
	50	26:00	27:00	28:00	29:00	30:00
Average	49	26:30	27:30	28:30	29:30	30:30
	48	27:00	28:00	29:00	30:00	31:00
	47	27:30	28:30	29:30	30:30	31:30
	46	28:00	29:00	30:00	31:00	32:00
Below Average	45	28:30	29:30	30:30	31:30	32:30
	44	29:00	30:00	31:00	32:00	33:00
	43	29:30	30:30	31:30	32:30	33:30
	42	30:00	31:00	32:00	33:00	34:00
Fair	41	30:30	31:30	32:30	33:30	34:30
	40	31:00	32:00	33:00	34:00	35:00
	39	31:30	32:30	34:30	34:30	35:30
	38	32:00	33:00	34:00	35:00	36:00
Poor	37	32:30	33:30	34:30	35:30	36:30
	36	33:00	34:00	35:00	36:00	37:00
	35	33:30	34:30	35:30	36:30	37:30
	34	34:00	35:00	36:00	37:00	38:00
Very Poor	33	34:30	35:30	36:30	37:30	38:30
	32	35:00	36:00	37:00	38:00	39:00
	31	35:30	36:30	37:30	38:30	39:30
	30	36:00	37:00	38:00	39:00	40:00
	0	>36:00	>37:00	>38:00	>39:00	>40:00

<u>Level of Fitness</u>	<u>AEROBIC POINTS Points Toward Grade</u>	<u>Weekly Aerobic Points</u>
Excellent	20	50+
Very Good	19	47-49
	18	45-46
Good	17	42-44
	16	40-41
Above Average	15	37-39
	14	35-36
Average	13	32-34
	12	30-31
Below Average	11	27-29
	10	25-26
Fair	9	22-24
	8	20-21
	7	17-19
Poor	6	15-16
	5	12-14
	4	10-11
Very Poor	3	7-9
	2	5-6
	1	1-4

## VI. COURSE CALENDAR

Class meets three times during the semester.

Meeting No. 1: Class Orientation

Meeting No. 2: Body Composition using skin fold method.

Meeting No. 3: 3-mile Field Test

Turn in log book directly to instructor. Late aerobic points do not earn a grade.

Huber, Dr. Fritz  
Name of Instructor

HPER 099  
Course No.

Aerobics Proficiency  
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 mind, spirit, and body.

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

MAJOR OUTCOMES

**Physical Development**  
Provide students the opportunity to plan and implement their own personal fitness program.

**Problem Solving, Analysis**

Design a personal fitness program that will result in meeting the criteria for the course.

**Spiritual Development**

Awareness of God's desire for His people to have health through memorization of scriptural references to health.

**Valuing in Decision-**

**making:** Value health by participating in a regular unsupervised exercise program.

**Effective Citizenship:**

Valuing healthy fosters productive and positive lifestyle choices that benefits society.

COURSE GOALS

To develop a personal fitness program for strength, flexibility, and cardiorespiratory fitness that will be followed throughout the semester.

To run, cycle, or swim, a field test scoring in the above average or higher fitness category.

To demonstrate a body composition % fat score in the healthy category.

To earn 50 aerobic points per week.

To score 80% or higher on the written test demonstrating know-ledge about fitness principles and scriptural references to health.

ASSESSMENT OF COURSE GOALS

STIMULI

Field test  
Body composition analysis  
Aerobic points  
Class discussions  
Personal fitness program

CRITERIA

Aerobic points	20%
Field test	60%
Percent fat	20%