

Syllabus for
HPER 101—Fitness For Life I
1 Credit hour
Fall 2006

I. COURSE DESCRIPTION

Designed to provide students the opportunity to continue developing, implementing, and monitoring their personal fitness program. Textbook assignments are included to build on the fitness knowledge base and thus to make the core requirements more meaningful.

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

II. COURSE GOALS

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 program.
- C. Understand how physical fitness contributes to the development of the whole person.

III. STUDENT LEARNING OUTCOMES FOR THIS COURSE

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

- A. Show evidence of an aerobic lifestyle by successfully completing all of the core requirements.
- B. Discuss the basics of "good nutrition" and implement this into a healthy lifestyle.
- C. Explain the scriptural basis of health and wellness.
- D. Describe how a regularly scheduled aerobic activity is beneficial and how that fits into a personal philosophy of life.
- E. Explain all of the aspects of fitness and how to incorporate them into a lifestyle.

IV. TEXTBOOKS AND OTHER LEARNING RESOURCES

- A. Required Textbook
Corbin, C., Welk, G., Lindsey, R., William, C. (2003). Concepts of Physical Fitness. 11th edition. McGraw-Hill.
- B. Other Required Material
ORU Aerobic Activity Log book

Latest Revision: Fall 2006

V. POLICIES AND PROCEDURES

A. University Policies and Procedures

1. Attendance at each class or laboratory is mandatory at Oral Roberts University. Excessive absences can reduce a student's grade or deny credit for the course.
2. Students taking a late exam because of an unauthorized absence are charged a late exam fee.
3. Students and faculty at Oral Roberts University must adhere to all laws addressing the ethical use of others' materials, whether it is in the form of print, video, multimedia, or computer software. By submitting an assignment in any form, the student gives permission for the assignment to be checked for plagiarism, either by submitting the work for electronic verification or by other means.
4. 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.
5. Students are to be in compliance with University, school, and departmental policies regarding ePortfolio requirements. Students should consult the ePortfolio handbooks for requirements regarding general education and the students' majors.
 - a. The penalty for not submitting electronically or for incorrectly submitting an ePortfolio artifact is a zero for that assignment.
 - b. By submitting an assignment, the student gives permission for the assignment to be assessed electronically.

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. Class Attendance
 - a. Student is expected to attend and participate in all class activities unless administratively excused. Only administrative excuses on the proper form will be 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	0
2	1
3	2
4	3
5	Fail the Course

C. Other Course Information

1. Course grade is based on the following:

Percent

40	Field Test
5	Body Mass Index testing (BMI)
5	Aerobic Points and Summary Sheet
30	Completion of Assignments I-III
<u>20</u>	Essay Questions

100 percent

2. ePortfolio Requirement: Post test for seniors only (field test and aerobic points, see 3B-2)
3. A grade is given on the basis of accuracy and quality of each assignment. The following scale is used for the assignments, the final examination, and the course grade:
- | | |
|-----------|-------------------------------|
| 90 - 100% | = A |
| 80 - 89% | = B |
| 70 - 79% | = C |
| 60 - 69% | = D |
| | Below 60% = F / Failed Course |
4. HPER 101 may only be taken once for credit.
5. Health Fitness Standards

FIELD TEST STANDARDS FOR FITNESS FOR LIFE 101

VI. COURSE CALENDAR

Month 1 Assignment I, labs 1 through 4.

- Turn in completed assignments to instructor's mail box.

Month 2 Assignment II, labs 5 through 8.

- Turn in completed assignments to instructor's mail box.

Month 3 Assignment III, labs 9 through 12.

- Turn in completed assignments to instructor's mail box.

Assignment IV –

- Turn in BMI and results of field test. ePortfolio, 3B-2, for seniors only, due
- Turn in aerobic points and semester summary.
- Test.
- Late work **NOT** accepted.

Course Inventory for ORU's Student Learning Outcomes

Fitness For Life I—101 Fall 2006

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	