

Syllabus for
HPER 099—Aerobic Proficiency
0.5-1 Credit hour
Summer 2007

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 2-mile run, 5 mile cycle, or 800 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. STUDENT LEARNING OUTCOMES FOR THIS COURSE

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. TEXTBOOKS AND OTHER LEARNING RESOURCES

Required Material

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. Excessive absences can reduce a student's grade or deny credit for the course.
 - 2. Students taking a late exam because of an unauthorized absences are charge a late exam fee.

Latest Revision: Summer 2007

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. 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/Summary	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

FIELD TESTING STANDARDS FOR AEROBIC PROFICIENCY—099
2-MILE RUN, 5-MILE CYCLE, & 800-METER SWIM FIELD TEST STANDARDS

Level of CR Fitness	Points	Under 25		25 – 34		35 – 44		45 – 54		55 & Over	
		Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
Superior	60	<13:00	<15:00	<14:00	<16 :00	<15:00	<17:00	<16:00	<18:00	<17:00	<19:00
Excellent	58	13:00	15:00	14:00	16:00	15:00	17:00	16:00	18:00	17:00	19:00
	56	13:30	15:30	14:30	16:30	15:30	17:30	16:30	18:30	17:30	19:30
	54	14:00	16:00	15:00	17:00	16:00	18:00	17:00	19:00	18:00	20:00
Good	52	14:30	16:30	15:30	17:30	16:30	18:30	17:30	19:30	18:30	20:30
	50	15:00	17:00	16:00	18:00	17:00	19:00	18:00	20:00	19:00	21:00
	48	15:30	17:30	16:30	18:30	17:30	19:30	18:30	20:30	19:30	21:30
	46	16:00	18:00	17:00	19:00	18:00	20:00	19:00	21:00	20:00	22:00
Fair	44	16:30	18:30	17:30	19:30	18:30	20:30	19:30	21:30	20:30	22:30
	42	17:00	19:00	18:00	20:00	19:00	21:00	20:00	22:00	21:00	23:00
	40	17:30	19:30	18:30	20:30	19:30	21:30	20:30	22:30	21:30	23:30
	38	18:00	20:00	19:00	21:00	20:00	22:00	21:00	23:00	22:00	24:00
	36	18:30	20:30	19:30	21:30	20:30	22:30	21:30	23:30	22:30	24:30
Poor	34	19:00	21:00	20:00	22:00	21:00	23:00	22:00	24:00	23:00	25:00
	32	19:30	21:30	20:30	22:30	21:30	23:30	22:30	24:30	23:30	25:30
	30	20:00	22:00	21:00	23:00	22:00	24:00	23:00	25:00	24:00	26:00
	28	20:30	22:30	21:30	23:30	22:30	24:30	23:30	25:30	24:30	26:30
	26	21:00	23:00	22:00	24:00	23:00	25:00	24:00	26:00	25:00	27:00
Very Poor	0	>21:00	>23:00	>22:00	>24:00	>23:00	>25:00	>24:00	>26:00	>25:00	>27:00

AEROBIC POINTS

<u>Level of Fitness</u>	<u>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

3. Other Policies and Procedures

It is the student's responsibility to come to the HPER Department, which is located in the aerobic center, pick up the actual calendar (meetings) which gives specific meeting dates, times, for body composition test, aerobic points/summary sheet, and location for the 2-mile field test.

4. ePortfolio Requirements: Post text for seniors only (field test and aerobic points, see 3B-2)

VI. COURSE CALENDAR

Class will meet two times during each summer session.

Meeting No. 1: Week 1 - Class Orientation
Weight and Body Composition

Meeting No. 3: Week 3 - 2-Mile Field Test
Turn in aerobic points and summary sheet. Late aerobic points/summary not accepted.

Course Inventory for ORU's Student Learning Outcomes

Aerobic Proficiency—099
Summer 2007

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