

Syllabus for
HPE 003—Total Conditioning
1 Credit Hour
Spring 2011

I. COURSE DESCRIPTION

Designed to provide each student the opportunity to develop, implement, and monitor an advanced conditioning program. Emphasis in this course is placed upon flexibility, strength, weight control, sound nutritional habits, and development of the student's cardiovascular system. Prerequisites: HPE 001 and HPE 002 or GHPE 503/703.

II. COURSE GOALS

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

- A. Discover the benefits of an aerobic lifestyle by successfully completing all the core requirements.
- B. Gain self-confidence and positive self-image as the student sees and feels physical improvements.
- C. Develop a weight training lifestyle by learning all the core requirements.
- D. Understand the importance of sound nutrition.

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. Discuss the scriptural basis of health and fitness.
- B. Demonstrate body flexibility exercises and weight training routines and engage in numerous aerobic activities incorporated into sound nutritional habits.
- C. Acquire a minimum of 50 aerobic points per week.
- D. Successfully complete the required field test.
- E. Know his or her heart rate prescription and achieve it.

IV. TEXTBOOKS AND OTHER LEARNING RESOURCES

- A. Required Materials
 - 1. Textbooks
None
 - 2. Other
ORU Aerobic Activity Log

B. Optional Materials

1. Textbooks
None
2. Other
None

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, electronic, video, multimedia, or computer software. Plagiarism and other forms of cheating involve both lying and stealing and are violations of ORU's Honor Code: "I will not cheat or plagiarize; I will do my own academic work and will not inappropriately collaborate with other students on assignments." Plagiarism is usually defined as copying someone else's ideas, words, or sentence structure and submitting them as one's own. Other forms of academic dishonesty include (but are not limited to) the following:
 - a. Submitting another's work as one's own or colluding with someone else and submitting that work as though it were his or hers;
 - b. Failing to meet group assignment or project requirements while claiming to have done so;
 - c. Failing to cite sources used in a paper;
 - d. Creating results for experiments, observations, interviews, or projects that were not done;
 - e. Receiving or giving unauthorized help on assignments.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. Penalties for any of the above infractions may result in disciplinary action including failing the assignment or failing the course or expulsion from the University, as determined by department and University guidelines.
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 the Whole Person Assessment requirements. Students should consult the Whole Person Assessment handbooks for requirements regarding general education and the students' majors.
 - a. The penalty for not submitting electronically or for incorrectly submitting an 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 the student's activities class instructor during the scheduled class time.
 - c. Automatic failure for cheating on field test or assisting another to cheat.
 - 2. This course may only be taken twice for credit. If taken more than twice, this course will not count toward ORU/HPE 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 Reduced From Final Grade |
|--------------------|---------------------------------------|
| 1-4 | 0 |
| 5 | 1 |
| 6 | 2 |
| 7 | 3 |
| 8 | 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. Evaluation Procedures

a. Grading

(1) Health fitness

- (a) Aerobic points and summary 5%
(Aerobic points will be handed in every other week using **only** the ORU Aerobic Activity Log.)
 - (b) Field Test 40%
 - (c) Body Mass Index (required) 5%
- (2) Class participation 50%

b. Grading scale:

A=90%
B=80%
C=80%
D=60%
F=59% and below

2. Whole Person Assessment Requirements

None

3. Other Policies and/or Procedures

- a. Aerobic points (average weekly amount for 13 weeks):

| Level of Fitness | Points Toward Grade | Weekly Aerobic Points |
|------------------|---------------------|-----------------------|
| Excellent | 5 | 50+ |
| Good | 4 | 40-49 |
| Average | 3 | 30-39 |
| Fair | 2 | 20-29 |
| Poor | 1 | 10-19 |

b. Health fitness standards:

2-MILE RUN, 5-MILE CYCLE, AND 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 | 40 | <13:00 | <15:00 | <14:00 | <16:00 | <15:00 | <17:00 | <16:00 | <18:00 | <17:00 | <19:00 |
| Excellent | 39 | 13:00 | 15:00 | 14:00 | 16:00 | 15:00 | 17:00 | 16:00 | 18:00 | 17:00 | 19:00 |
| | 38 | 13:15 | 15:15 | 14:15 | 16:15 | 15:15 | 17:15 | 16:15 | 18:15 | 17:15 | 19:15 |
| | 37 | 13:30 | 15:30 | 14:30 | 16:30 | 15:30 | 17:30 | 16:30 | 18:30 | 17:30 | 19:30 |
| | 36 | 13:45 | 15:45 | 14:45 | 16:45 | 15:45 | 17:45 | 16:45 | 18:45 | 17:45 | 19:45 |
| | 35 | 14:00 | 16:00 | 15:00 | 17:00 | 16:00 | 18:00 | 17:00 | 19:00 | 18:00 | 20:00 |
| Good | 34 | 14:15 | 16:15 | 15:15 | 17:15 | 16:15 | 18:15 | 17:15 | 19:15 | 18:15 | 20:15 |
| | 33 | 14:30 | 16:30 | 15:30 | 17:30 | 16:30 | 18:30 | 17:30 | 19:30 | 18:30 | 20:30 |
| | 32 | 14:45 | 16:45 | 15:45 | 17:45 | 16:45 | 18:45 | 17:45 | 19:45 | 18:45 | 20:45 |
| | 31 | 15:00 | 17:00 | 16:00 | 18:00 | 17:00 | 19:00 | 18:00 | 20:00 | 19:00 | 21:00 |
| | 30 | 15:15 | 17:15 | 16:15 | 18:15 | 17:15 | 19:15 | 18:15 | 20:15 | 19:15 | 21:15 |
| | 29 | 15:30 | 17:30 | 16:30 | 18:30 | 17:30 | 19:30 | 18:30 | 20:30 | 19:30 | 21:30 |
| | 28 | 15:45 | 17:45 | 16:45 | 18:45 | 17:45 | 19:45 | 18:45 | 20:45 | 19:45 | 21:45 |
| | 27 | 16:00 | 18:00 | 17:00 | 19:00 | 18:00 | 20:00 | 19:00 | 21:00 | 20:00 | 22:00 |
| Fair | 26 | 16:15 | 18:15 | 17:15 | 19:15 | 18:15 | 20:15 | 19:15 | 21:15 | 20:15 | 22:15 |
| | 25 | 16:30 | 18:30 | 17:30 | 19:30 | 18:30 | 20:30 | 19:30 | 21:30 | 20:30 | 22:30 |
| | 24 | 16:45 | 18:45 | 17:45 | 19:45 | 18:45 | 20:45 | 19:45 | 21:45 | 20:45 | 22:45 |
| | 23 | 17:00 | 19:00 | 18:00 | 20:00 | 19:00 | 21:00 | 20:00 | 22:00 | 21:00 | 23:00 |
| | 22 | 17:15 | 19:15 | 18:15 | 20:15 | 19:15 | 21:15 | 20:15 | 22:15 | 21:15 | 23:15 |
| | 21 | 17:30 | 19:30 | 18:30 | 20:30 | 19:30 | 21:30 | 20:30 | 22:30 | 21:30 | 23:30 |
| | 20 | 17:45 | 19:45 | 18:45 | 20:45 | 19:45 | 21:45 | 20:45 | 22:45 | 21:45 | 23:45 |
| | 19 | 18:00 | 20:00 | 19:00 | 21:00 | 20:00 | 22:00 | 21:00 | 23:00 | 22:00 | 24:00 |
| Poor | 18 | 18:15 | 20:15 | 19:15 | 21:15 | 20:15 | 22:15 | 21:15 | 23:15 | 22:15 | 24:15 |
| | 17 | 18:30 | 20:30 | 19:30 | 21:30 | 20:30 | 22:30 | 21:30 | 23:30 | 22:30 | 24:30 |
| | 16 | 18:45 | 20:45 | 19:45 | 21:45 | 20:45 | 22:45 | 21:45 | 23:45 | 22:45 | 24:45 |
| | 15 | 19:00 | 21:00 | 20:00 | 22:00 | 21:00 | 23:00 | 22:00 | 24:00 | 23:00 | 25:00 |
| | 14 | 19:15 | 21:15 | 20:15 | 22:15 | 21:15 | 23:15 | 22:15 | 24:15 | 23:15 | 25:15 |
| | 13 | 19:30 | 21:30 | 20:30 | 22:30 | 21:30 | 23:30 | 22:30 | 24:30 | 23:30 | 25:30 |
| | 12 | 19:45 | 21:45 | 20:45 | 22:45 | 21:45 | 23:45 | 22:45 | 24:45 | 23:45 | 25:45 |
| | 11 | 20:00 | 22:00 | 21:00 | 23:00 | 22:00 | 24:00 | 23:00 | 25:00 | 24:00 | 26:00 |
| Very Poor | 10 | 20:15 | 22:15 | 21:15 | 23:15 | 22:15 | 24:15 | 23:15 | 25:15 | 24:15 | 26:15 |
| | 9 | 20:30 | 22:30 | 21:30 | 23:30 | 22:30 | 24:30 | 23:30 | 25:30 | 24:30 | 26:30 |
| | 8 | 20:45 | 22:45 | 21:45 | 23:45 | 22:45 | 24:45 | 23:45 | 25:45 | 24:45 | 26:45 |
| | 7 | 21:00 | 23:00 | 22:00 | 24:00 | 23:00 | 25:00 | 24:00 | 26:00 | 25:00 | 27:00 |
| | 6 | 21:15 | 23:15 | 22:15 | 24:15 | 23:15 | 25:15 | 24:15 | 26:15 | 25:15 | 27:15 |
| | 5 | 21:30 | 23:30 | 22:30 | 24:30 | 23:30 | 25:30 | 24:30 | 26:30 | 25:30 | 27:30 |
| | 4 | 21:45 | 23:45 | 22:45 | 24:45 | 23:45 | 25:45 | 24:45 | 26:45 | 25:45 | 27:45 |
| | 3 | 22:00 | 24:00 | 23:00 | 25:00 | 24:00 | 26:00 | 25:00 | 27:00 | 26:00 | 28:00 |
| | 2 | 22:15 | 24:15 | 23:15 | 25:15 | 24:15 | 26:15 | 25:15 | 27:15 | 26:15 | 28:15 |
| | 1 | 22:30 | 24:30 | 23:30 | 25:30 | 24:30 | 26:30 | 25:30 | 27:30 | 26:30 | 28:30 |
| | 0 | >23:30 | >24:30 | >23:30 | >25:30 | >24:30 | >26:30 | >25:30 | >27:30 | >26:30 | >28:30 |

2-MILE WALKING 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 | 40 | <22:00 | <23:00 | <23:00 | <24:00 | <24:00 | <25:00 | <25:30 | <26:30 | <27:00 | <28:00 |
| Excellent | 39 | 22:00 | 23:00 | 23:00 | 24:00 | 24:00 | 25:00 | 25:30 | 26:30 | 27:00 | 28:00 |
| | 38 | 22:15 | 23:15 | 23:15 | 24:15 | 24:15 | 25:15 | 25:45 | 26:45 | 27:15 | 28:15 |
| | 37 | 22:30 | 23:30 | 23:30 | 24:30 | 24:30 | 25:30 | 26:00 | 27:00 | 27:30 | 28:30 |
| | 36 | 22:45 | 23:45 | 23:45 | 24:45 | 24:45 | 25:45 | 26:15 | 27:15 | 27:45 | 28:45 |
| | 35 | 23:00 | 24:00 | 24:00 | 25:00 | 25:00 | 26:00 | 26:30 | 27:30 | 28:00 | 29:00 |
| | | | | | | | | | | | |
| Good | 34 | 23:25 | 24:15 | 24:15 | 25:15 | 25:15 | 26:15 | 26:45 | 27:45 | 28:15 | 29:15 |
| | 33 | 23:30 | 24:30 | 24:30 | 25:30 | 25:30 | 26:30 | 27:00 | 28:00 | 28:30 | 29:30 |
| | 32 | 23:45 | 24:45 | 24:45 | 25:45 | 25:45 | 26:45 | 27:15 | 28:15 | 28:45 | 29:45 |
| | 31 | 24:00 | 25:00 | 25:00 | 26:00 | 26:00 | 27:00 | 27:30 | 28:30 | 29:00 | 30:00 |
| | 30 | 24:15 | 25:15 | 25:15 | 26:15 | 26:15 | 27:15 | 27:45 | 28:45 | 29:15 | 30:15 |
| | 29 | 24:30 | 25:30 | 25:30 | 26:30 | 26:30 | 27:30 | 28:00 | 29:00 | 29:30 | 30:30 |
| | 28 | 24:45 | 25:45 | 25:45 | 26:45 | 26:45 | 27:45 | 28:15 | 29:15 | 29:45 | 30:45 |
| | 27 | 25:00 | 26:00 | 26:00 | 27:00 | 27:00 | 28:00 | 28:30 | 29:30 | 30:00 | 31:00 |
| | | | | | | | | | | | |
| | | | | | | | | | | | |
| Fair | 26 | 25:15 | 26:15 | 26:15 | 27:15 | 27:15 | 28:15 | 28:45 | 29:45 | 30:15 | 31:15 |
| | 25 | 25:30 | 26:30 | 26:30 | 27:30 | 27:30 | 28:30 | 29:00 | 30:00 | 30:30 | 31:30 |
| | 24 | 25:45 | 26:45 | 26:45 | 27:45 | 27:45 | 28:45 | 29:15 | 30:15 | 30:45 | 31:45 |
| | 23 | 26:00 | 27:00 | 27:00 | 28:00 | 28:00 | 29:00 | 29:30 | 30:30 | 31:00 | 32:00 |
| | 22 | 26:15 | 27:15 | 27:15 | 28:15 | 28:15 | 29:15 | 29:45 | 30:45 | 31:15 | 32:15 |
| | 21 | 26:30 | 27:30 | 27:30 | 28:30 | 28:30 | 29:30 | 30:00 | 31:00 | 31:30 | 32:30 |
| | 20 | 26:45 | 27:45 | 27:45 | 28:45 | 28:45 | 29:45 | 30:15 | 31:15 | 31:45 | 32:45 |
| | | | | | | | | | | | |
| Poor | 19 | 27:00 | 28:00 | 28:00 | 29:00 | 29:00 | 30:00 | 30:30 | 31:30 | 32:00 | 33:00 |
| | 18 | 27:15 | 28:15 | 28:15 | 29:15 | 29:15 | 30:15 | 30:45 | 31:45 | 32:15 | 33:15 |
| | 17 | 27:30 | 28:30 | 28:30 | 29:30 | 29:30 | 30:30 | 31:00 | 32:00 | 32:30 | 33:30 |
| | 16 | 27:45 | 28:45 | 28:45 | 29:45 | 29:45 | 30:45 | 31:15 | 32:15 | 32:45 | 33:45 |
| | 15 | 28:00 | 29:00 | 29:00 | 30:00 | 30:00 | 31:00 | 31:30 | 32:30 | 33:00 | 34:00 |
| | 14 | 28:15 | 29:15 | 29:15 | 30:15 | 30:15 | 31:15 | 31:45 | 32:45 | 33:15 | 34:15 |
| | 13 | 28:30 | 29:30 | 29:30 | 30:30 | 30:30 | 31:30 | 32:00 | 33:00 | 33:30 | 34:30 |
| | 12 | 28:45 | 29:45 | 29:45 | 30:45 | 30:45 | 31:45 | 32:15 | 33:15 | 33:45 | 34:45 |
| | 11 | 29:00 | 30:00 | 30:00 | 31:00 | 31:00 | 32:00 | 32:30 | 33:30 | 34:00 | 35:00 |
| | | | | | | | | | | | |
| Very Poor | 10 | 29:15 | 30:15 | 30:15 | 31:15 | 31:15 | 32:15 | 32:45 | 33:45 | 34:15 | 35:15 |
| | 9 | 29:30 | 30:30 | 30:30 | 31:30 | 31:30 | 32:30 | 33:00 | 34:00 | 34:30 | 35:30 |
| | 8 | 29:45 | 30:45 | 30:45 | 31:45 | 31:45 | 32:45 | 33:15 | 34:15 | 34:45 | 35:45 |
| | 7 | 30:00 | 31:00 | 31:00 | 32:00 | 32:00 | 33:00 | 33:30 | 34:30 | 35:00 | 36:00 |
| | 6 | 30:15 | 31:15 | 31:15 | 32:15 | 32:15 | 33:15 | 33:45 | 34:45 | 35:15 | 36:15 |
| | 5 | 30:30 | 31:30 | 31:30 | 32:30 | 32:30 | 33:30 | 34:00 | 35:00 | 35:30 | 36:30 |
| | 4 | 30:45 | 31:45 | 31:45 | 32:45 | 32:45 | 33:45 | 34:15 | 35:15 | 35:45 | 36:45 |
| | 3 | 31:00 | 32:00 | 32:00 | 33:00 | 33:00 | 34:00 | 34:30 | 35:30 | 36:00 | 37:00 |
| | 2 | 31:15 | 32:15 | 32:15 | 33:15 | 33:15 | 34:15 | 34:45 | 36:45 | 36:15 | 37:15 |
| | 1 | 31:30 | 32:30 | 32:30 | 33:30 | 33:30 | 34:30 | 35:00 | 36:00 | 36:30 | 37:30 |
| | 0 | >31:30 | >32:30 | >32:30 | >33:30 | >33:30 | >34:30 | >35:00 | >36:00 | >36:30 | >37:30 |

VI. COURSE CALENDAR

The class will meet two days per week in the aerobic center or designated area as listed below. Warm-up exercises plus the planned workout are in the following the schedule.

Start at your intensity and improve your cardiorespiratory fitness!

| Week | Cross-Training Schedule |
|-------------|--|
| 1 | Orientation/syllabus |
| 2-3 | 1.5 walk/jog—relevance of health and conditioning |
| 4-5 | Heart rate instruction, aerobic, and strength conditioning principles |
| 6-7 | Weight training—aerobic finish |
| 8 | 2-mile run or speed walk |
| 9 | Weight training—aerobic finish |
| 10 | Diet lecture |
| 11-12 | Body control through flexibility; strength workouts |
| 13 | 2-mile speed walk or run Field Test practice |
| 14 | 2-mile Field Test Activity logs and summary due to instructor Late aerobic points/summary NOT accepted |

Course Inventory for ORU's Student Learning Outcomes
HPE—003 Total Conditioning
Spring 2011

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 | |