

Syllabus for  
**HPE 099—Aerobic Proficiency**  
1 Credit Hour  
Fall 2012

I. COURSE DESCRIPTION

Designed for seniors who are presently maintaining a physically active lifestyle and can pass the running, cycling, or swimming Field Test.

Prerequisites: HPE 001 and HPE 002 or GHPE 503/703. Must be a senior and able to pass the regular 2-mile run, 5-mile cycle, or 800-meter swim Field Test. No walking or modified Field Test will be accepted.

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 2 regular Field Tests in 18 minutes for males and 20 minutes for females.
- C. Have a body mass index between 19 to 24.

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 Attire
  - a. Students enrolled in this class must wear appropriate workout clothing, including socks and athletic shoes in proper condition.
  - b. Students not in proper class attire will not be allowed to participate and will counted as absent.

4. 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
1-2	0
3	1
4	2
5	3
6	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)	Aerobics points and summary sheet	10%
(2)	2 running Field Tests	80%
(3)	Body Mass Index (BMI)	10%
		100%

b. Grading scale:

A=90%  
B=80%  
C=70%  
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	10	50+
	9	45-49
Good	8	40-44
	7	35-39
Average	6	30-34
	5	25-29
Fair	4	20-24
	3	15-19
Poor	2	10-14
	1	5-9

b. Health fitness standards:

**FIELD TEST #1**  
**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
	40	<15:00	<17:00	<16:00	<18:00	<17:00	<19:00	<18:00	<20:00	<19:00	<21:00
	30	15:01	17:05	16:01	18:01	17:01	19:01	18:01	20:01	19:01	21:01
		20:00	22:00	21:00	23:00	22:00	24:00	23:00	25:00	24:00	26:00
	0	>20:00	>22:00	>21:00	>23:00	>22:00	>24:00	>23:00	>25:00	>24:00	>26:00

**FIELD TEST #2**  
**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

## VI. COURSE CALENDAR

Specific class meeting dates and times will be announced during the first class meeting on the first Monday and also posted on instructor's bulletin board in the aerobic center. This class meets **four times** during the semester.

Meeting	Topic
1	Class Orientation, meeting dates schedule and Body Mass Index (BMI) (1st Monday)
2	Mandatory 1st Field Test (2nd Monday evening) Deadline. No make-ups.
3	2nd Field Test (TBA) or Fun Run

\*If you score a superior on the first Field Test (according to Field Test #1 standard), you will not be required to run the second Field Test.

**Course Inventory for ORU's Student Learning Outcomes**  
**HPE—099 Aerobic Proficiency**  
**Fall 2012**

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.

	<b>OUTCOMES &amp; Proficiencies/Capacities</b>	<b>Significant Contribution</b>	<b>Moderate Contribution</b>	<b>Minimal Contribution</b>	<b>No Contribution</b>
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<b>1</b>	<b>Outcome #1—Spiritually Alive Proficiencies/Capacities</b>				
1A	Biblical knowledge				<b>X</b>
1B	Sensitivity to the Holy Spirit				<b>X</b>
1C	Evangelistic capability				<b>X</b>
1D	Ethical behavior				<b>X</b>

<b>2</b>	<b>Outcome #2—Intellectually Alert Proficiencies/Capacities</b>				
2A	Critical thinking				<b>X</b>
2B	Information literacy				<b>X</b>
2C	Global & historical perspectives				<b>X</b>
2D	Aesthetic appreciation				<b>X</b>
2E	Intellectual creativity				<b>X</b>

<b>3</b>	<b>Outcome #3—Physically Disciplined Proficiencies/Capacities</b>				
3A	Healthy lifestyle	<b>X</b>			
3B	Physically disciplined lifestyle	<b>X</b>			

<b>4</b>	<b>Outcome #4—Socially Adept Proficiencies/Capacities</b>				
4A	Communication skills				<b>X</b>
4B	Interpersonal skills				<b>X</b>
4C	Appreciation of cultural & linguistic differences				<b>X</b>
4D	Responsible citizenship				<b>X</b>
4E	Leadership capacity				<b>X</b>