

Syllabus for
GHPE 525/GHPE 725—Graduate Walk for Fitness
0.5 Credit Hour
Spring 2013

I. COURSE DESCRIPTION

A course designed for graduate students who need a walking program and field test.
Prerequisites: HPE 001 and HPE 002 or GHPE 503/703; graduate standing.

II. COURSE GOALS

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

- A. Develop correct body form required for speed walking.
- B. Develop both cardiovascular and muscular fitness and reduce body fat composition.

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. Identify correct speed walking form.
- B. Define errors of speed walking.
- C. Average 30 aerobic points a week for 10 weeks.
- D. Participate in weekly workouts.
- E. Practice walking as a wonderful aerobic activity.
- F. Set heart-rate prescription and achieve it.
- G. Demonstrate the self-discipline of setting fitness goals and achieving them.
- H. Maintain at least average body composition.

IV. TEXTBOOKS AND OTHER LEARNING RESOURCES

- A. Required Materials
 - 1. Textbooks
None
 - 2. Other
ORU Aerobic Activity Log (purchase from ORU bookstore)

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	1
2	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:

Health Fitness

(1)	Aerobic points and summary sheet	30%
(2)	Body Mass Index (BMI)	10%
(3)	Field Test (2-mile walking)	60%
		100%

b. Grading scale:

A=90%
B=80%
C=70%
D=60%
F=59% and below

- c. Pass/fail or letter grade is optional.

2. Whole Person Assessment Requirements
None

3. Other Policies and/or Procedures

- a. Students must have a Medical Assessment on file in Student Health before taking this course.
- b. Date and time for meeting is the SECOND MONDAY after classes begin each semester. This supersedes any other written schedule from ANY department or school.
- c. Aerobic points (average weekly amount for 13 weeks):

Level of Fitness	Points Toward Grade	Weekly Aerobic Points
Excellent	30	30+
Very Good	29	29-27
	28	26-25
Good	27	24-22
	26	21-20
Above Average	25	19-17
	24	16-15
Average	23	14-12
	22	11-10
Poor	21	9-7
	10	6-5
Very Poor	9	4-3

- d. Heart rate count and heart rate training zone chart:

1-minute heart rate from a 10-second heart rate count

10-Second Heart Rate	1-Minute Heart Rate	10-Second Heart Rate	1-Minute Heart Rate	10-Second Heart Rate	1-Minute Heart Rate
7	42	16	96	25	150
8	48	17	102	26	156
9	54	18	108	27	162
10	60	19	114	28	168
11	66	20	120	29	174
12	72	21	126	30	180
13	78	22	132	31	186
14	84	23	138	32	192
15	90	24	144	33	198

Heart Rate Training Zone:

Determine maximum heart rate:

Constant 220

Minus age - _____

Equals predicted
maximal heart rate = _____

Calculating heart rate training zone:

$$\frac{\text{_____}}{\text{Maximal heart rate}} \times \frac{.60}{60\%} = \text{_____}$$

$$\frac{\text{_____}}{\text{Maximal heart rate}} \times \frac{.60}{65\%} = \text{_____}$$

$$\frac{\text{_____}}{\text{Maximal heart rate}} \times \frac{.60}{70\%} = \text{_____}$$

$$\frac{\text{_____}}{\text{Maximal heart rate}} \times \frac{.60}{75\%} = \text{_____}$$

$$\frac{\text{_____}}{\text{Maximal heart rate}} \times \frac{.60}{80\%} = \text{_____}$$

$$\frac{\text{_____}}{\text{Maximal heart rate}} \times \frac{.60}{85\%} = \text{_____}$$

$$\frac{\text{_____}}{\text{Maximal heart rate}} \times \frac{.60}{90\%} = \text{_____}$$

e. Aerobic points calculation methods:

There are many types of physical activity from which one can receive a benefit to the cardiorespiratory system. Points can be calculated by three different methods as outlined below:

(1) Heart rate method:

Using heart rate to calculate aerobic points is the best overall method. This can be achieved by monitoring the exercise heart rate and duration. This method can be used for all aerobic activities but is especially appropriate for the following:

- (a) Stationary cycling/running/rowing
- (b) Exercise to music
- (c) Stair climbing
- (d) Walking/jogging/swimming/cycling
- (e) Rope jumping
- (f) Arm ergometer

To calculate aerobic points using the heart rate method, measure your heart rate every 5-10 minutes and determine your average heart rate for the length of the exercise session. In order for aerobic points to be calculated, the average exercise heart rate must be above the 60% minimum and the duration at least 10 minutes.

% Maximum Heart Rate	Heart Rate	Aerobic Points per 10 Min.
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60%	_____	1
65%	_____	1.5
70%	_____	2
75%	_____	2.5
80%	_____	3
85%	_____	3.5
90%	_____	4

- (2) Distance and time method:
Using distance and time to calculate aerobic points is beneficial for endurance activities.

Walk/Jog/Run		Outdoor Cycle		Swimming	
Rate	AP per Mile	Rate	AP per Mile	Meters/Min.	AP/500 m
6 min./mile	6	2.5 min./mile	5	100/1:30	8
7 min./mile	5	3 min./mile	4	100/1:45	7
8 min./mile	4.5	4 min./mile	3.5	100/2:00	6
9 min./mile	4	5 min./mile	3	100/2:15	5
10 min./mile	3.5	6 min./mile	2.5	100/2:30	4
11 min./mile	3	7 min./mile	2	100/2:45	3
12 min./mile	2.5	8 min./mile	1.5	100/3:00	2
13 min./mile	2	9 min./mile	1	100/3:15	1
14 min./mile	1.5	10 min./mile	.5	100/3:30	.5
15 min./mile	1				
16 min./mile	.5				

- (3) Intensity and duration method:
It is easiest to measure activities for aerobic points by estimating intensity and recording duration. The guideline as to whether the activity is moderate or high intensity is heart rate. For an activity to be performed at moderate intensity, the average heart rate must be in the 70-80% of the heart rate training zone. For high intensity, the average heart rate must be in the 80-90% of the heart rate training zone.

Basketball		Racquet/Pickle/ Handball		Tennis/Badminton	
Intensity	AP/60	Intensity	AP/60	Intensity	AP/60

	Min.		Min.		Min.
1/2 court moderate	4	Doubles moderate	4	Doubles moderate	2
1/2 court high	8	Doubles high	7	Doubles high	3
Full court moderate	10	Singles moderate	8	Singles moderate	5
Full court high	15	Singles high	14	Singles high	7

Soccer/Field
and Ice Hockey

Volley/Soft/
Base/Football

Ice/Roller Skating

Intensity	AP/60 Min.	Intensity	AP/60 Min.	Intensity	AP/60 Min.
Moderate	5	Moderate	3	Moderate	4
High	9	High	4	High	8

Ice/Roller Skating

Wrestling/Boxing/
Judo

Backpacking

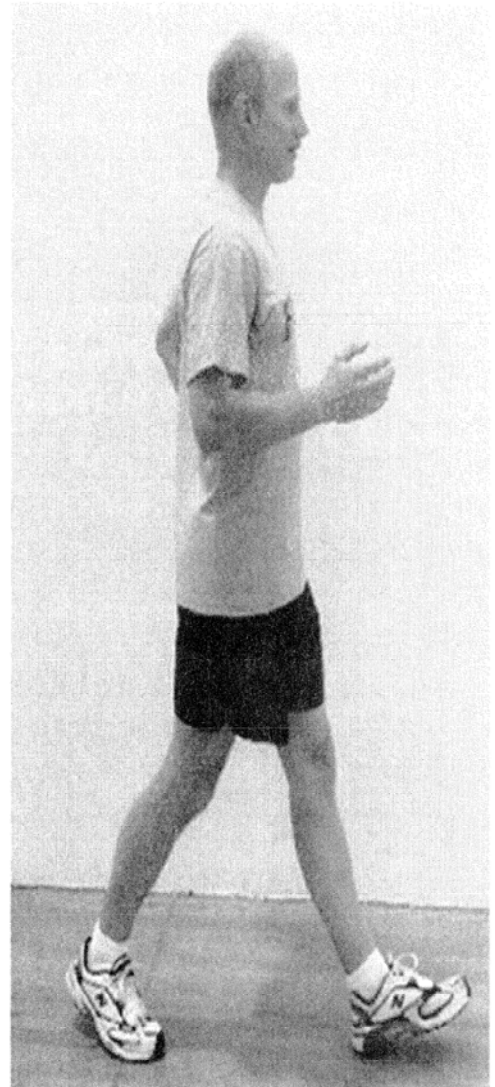
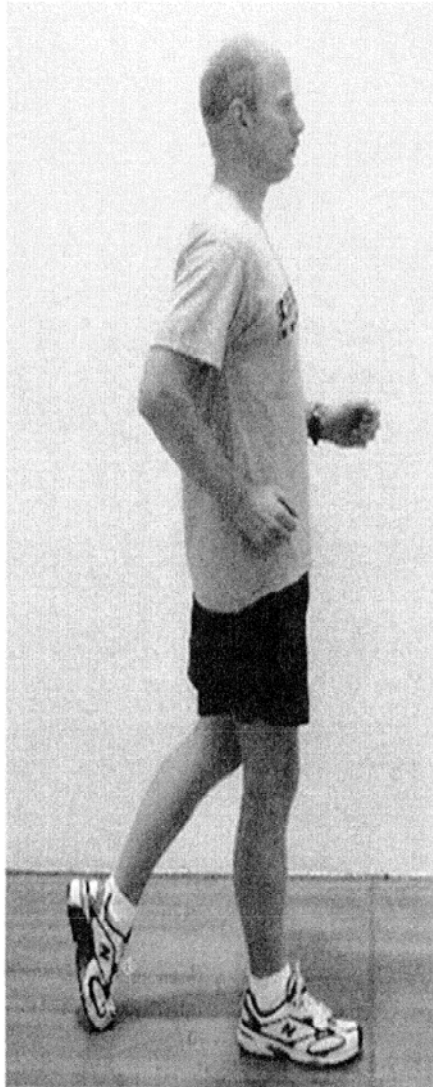
Intensity	AP/60 Min.	Intensity	AP/60 Min.	Intensity	AP/60 Min.
Moderate	4	Moderate	4	Moderate	6
High	8	High	9	High	15

Golfing/Lawn
Mowing (Walk)

House Cleaning/
Gardening

Time	AP	Time	AP
30 min.	2	30 min.	1
60 min.	4	60 min.	2

f. Proper walking and jogging technique:



g. Health fitness standards:

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	60	<22:00	<23:00	<23:00	<24:00	<24:00	<25:00	<25:30	<26:30	<27:00	<28:00
Excellent	58	22:00	23:00	23:00	24:00	24:00	25:00	25:30	26:30	27:00	28:00
	56	22:30	23:30	23:30	24:30	24:30	25:30	26:00	27:00	27:30	28:30
	54	23:00	24:00	24:00	25:00	25:00	26:00	26:30	27:30	28:00	29:00
Good	52	23:30	24:30	24:30	25:30	25:30	26:30	27:00	28:00	28:30	29:30
	50	24:00	25:00	25:00	26:00	26:00	27:00	27:30	28:30	29:00	30:00
	48	24:30	25:30	25:30	26:30	26:30	27:30	28:00	29:00	29:30	30:30
	46	25:00	26:00	26:00	27:00	27:00	28:00	28:30	29:30	30:00	31:00
Fair	44	25:30	26:30	26:30	27:30	27:30	28:30	29:00	30:00	30:30	31:30
	42	26:00	27:00	27:00	28:00	28:00	29:00	29:30	30:30	31:00	32:00
	40	26:30	27:30	27:30	28:30	28:30	29:30	30:00	31:00	31:30	32:30
	38	27:00	28:00	28:00	29:00	29:00	30:00	30:30	31:30	32:00	33:00
	36	27:30	28:30	28:30	29:30	29:30	30:30	31:00	32:00	32:30	33:30
Poor	34	28:00	29:00	29:00	30:00	30:00	31:00	31:30	32:30	33:00	34:00
	32	28:30	29:30	29:30	30:30	30:30	31:30	32:00	33:00	33:30	34:30
	30	29:00	30:00	30:00	31:00	31:00	32:00	32:30	33:30	34:00	35:00
	28	29:30	30:30	30:30	31:30	31:30	32:30	33:00	34:00	34:30	35:30
	26	30:00	31:00	31:00	32:00	32:00	33:00	33:30	34:30	35:00	36:00
Very Poor	0	>30:00	>31:00	>31:00	>32:00	>32:00	>33:00	>33:30	>34:30	>35:00	>36:00

VI. COURSE CALENDAR

This class meets four times during the semester. Class meeting dates to be announced at the first class meeting.

Meeting	Topic
1	Orientation, syllabus review, how to calculate aerobic points from aerobic exercise, and meeting dates (1st Monday of classes at 1:00 p.m. in the Aerobic's Center, room #137)
2	2-mile walk Field Test #1
3	2-mile walk Field Test #2
4	Submit aerobic points, and complete body mass index

Course Inventory for ORU's Student Learning Outcomes
GPHE 525/GHPE 725—Graduate Walk for Fitness
Spring 2013

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
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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	