

Syllabus for
HPE 120—Dance Aerobic Proficiency
0.0 Credit Hour
Spring 2013

I. COURSE DESCRIPTION

Designed for dance majors, the course helps students to develop and implement a personal fitness exercise program through dance.

Prerequisites: HPE 001 and 002; dance performance major.

II. COURSE GOALS

The purpose of this course is 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. Successfully complete either the walking or jogging 2-mile Field Test.
- C. Complete the body mass index assessment

IV. TEXTBOOKS AND OTHER LEARNING RESOURCES

- A. Required Materials
 - 1. Textbook
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 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 dance clothing and shoes as required by the dance instructor.
 - 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 or more | 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 Procedure

1. Evaluation Procedures

a. Grading:

| | |
|---------------------------------------|-----|
| (1) Aerobics points and summary sheet | 20% |
| (2) Field Test | 70% |
| (3) Body Mass Index (BMI) | 10% |

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. This course was designed to accommodate the Dance major with minimal contact hours; therefore, all 3 meeting nights are mandatory.
- b. Participating in the 2-mile Field Test is mandatory on the night of the second meeting.
- c. It is the student's responsibility to come to the first meeting in the HPER Department (which is located in the aerobic center) to pick up the course calendar, which gives specific meeting dates and times for body mass index test, aerobic points and summary sheet, and location for the 2-mile Field Test.

d. Aerobic points:

| Level of Fitness | Points Toward Grade | Weekly Aerobic Points |
|-------------------------|----------------------------|------------------------------|
| 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 |

e. 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 | 70 | <13:00 | <15:00 | <14:00 | <16 :00 | <15:00 | <17:00 | <16:00 | <18:00 | <17:00 | <19:00 |
| Excellent | 68 | 13:00 | 15:00 | 14:00 | 16:00 | 15:00 | 17:00 | 16:00 | 18:00 | 17:00 | 19:00 |
| | 66 | 13:30 | 15:30 | 14:30 | 16:30 | 15:30 | 17:30 | 16:30 | 19:30 | 17:30 | 19:30 |
| | 64 | 14:00 | 16:00 | 15:00 | 17:00 | 16:00 | 18:00 | 17:00 | 19:00 | 18:00 | 20:00 |
| Good | 62 | 14:30 | 16:30 | 15:30 | 17:30 | 16:30 | 18:30 | 17:30 | 19:30 | 18:30 | 20:30 |
| | 60 | 15:00 | 17:00 | 16:00 | 18:00 | 17:00 | 19:00 | 18:00 | 20:00 | 19:00 | 21:00 |
| | 58 | 15:30 | 17:30 | 16:30 | 18:30 | 17:30 | 19:30 | 18:30 | 20:30 | 19:30 | 21:30 |
| | 56 | 16:00 | 18:00 | 17:00 | 19:00 | 18:00 | 20:00 | 19:00 | 21:00 | 20:00 | 22:00 |
| Fair | 54 | 16:30 | 18:30 | 17:30 | 19:30 | 18:30 | 20:30 | 19:30 | 21:30 | 20:30 | 22:30 |
| | 52 | 17:00 | 19:00 | 18:00 | 20:00 | 19:00 | 21:00 | 20:00 | 22:00 | 21:00 | 23:00 |
| | 50 | 17:30 | 19:30 | 18:30 | 20:30 | 19:30 | 21:30 | 20:30 | 22:30 | 21:30 | 23:30 |
| | 48 | 18:00 | 20:00 | 19:00 | 21:00 | 20:00 | 22:00 | 21:00 | 23:00 | 22:00 | 24:00 |
| | 46 | 18:30 | 20:30 | 19:30 | 21:30 | 20:30 | 22:30 | 21:30 | 23:30 | 22:30 | 24:30 |
| Poor | 44 | 19:00 | 21:00 | 20:00 | 22:00 | 21:00 | 23:00 | 22:00 | 24:00 | 23:00 | 25:00 |
| | 42 | 19:30 | 21:30 | 20:30 | 22:30 | 21:30 | 23:30 | 22:30 | 24:30 | 23:30 | 25:30 |
| | 40 | 20:00 | 22:00 | 21:00 | 23:00 | 22:00 | 24:00 | 23:00 | 25:00 | 24:00 | 26:00 |
| | 38 | 20:30 | 22:30 | 21:30 | 23:30 | 22:30 | 24:30 | 23:30 | 25:30 | 24:30 | 26:30 |
| | 36 | 21:00 | 23:00 | 22:00 | 24:00 | 23:00 | 25:00 | 24:00 | 26:00 | 25:00 | 27:00 |
| | 34 | 21:30 | 23:30 | 22:30 | 24:30 | 23:30 | 25:30 | 24:30 | 26:30 | 25:30 | 27:30 |
| | 32 | 22:00 | 24:00 | 23:00 | 25:00 | 24:00 | 26:00 | 25:00 | 27:00 | 26:00 | 28:00 |
| | 30 | 22:30 | 24:30 | 23:30 | 25:30 | 24:30 | 26:30 | 25:30 | 27:30 | 26:30 | 28:30 |
| Very Poor | 0 | >22:30 | >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 | 70 | <22:00 | <23:00 | <23:00 | <24:00 | <24:00 | <25:00 | <25:30 | <26:30 | <27:00 | <28:00 |
| Excellent | 68 | 22:00 | 23:00 | 23:00 | 24:00 | 24:00 | 25:00 | 25:30 | 26:30 | 27:00 | 28:00 |
| | 66 | 22:30 | 23:30 | 23:30 | 24:30 | 24:30 | 25:30 | 26:00 | 27:00 | 27:30 | 28:30 |
| | 64 | 23:00 | 24:00 | 24:00 | 25:00 | 25:00 | 26:00 | 26:30 | 27:30 | 28:00 | 29:00 |
| Good | 62 | 23:30 | 24:30 | 24:30 | 25:30 | 25:30 | 26:30 | 27:00 | 28:00 | 28:30 | 29:30 |
| | 60 | 24:00 | 25:00 | 25:00 | 26:00 | 26:00 | 27:00 | 27:30 | 28:30 | 29:00 | 30:00 |
| | 58 | 24:30 | 25:30 | 25:30 | 26:30 | 26:30 | 27:30 | 28:00 | 29:00 | 29:30 | 30:30 |
| | 56 | 25:00 | 26:00 | 26:00 | 27:00 | 27:00 | 28:00 | 28:30 | 29:30 | 30:00 | 31:00 |
| Fair | 54 | 25:30 | 26:30 | 26:30 | 27:30 | 27:30 | 28:30 | 29:00 | 30:00 | 30:30 | 31:30 |
| | 52 | 26:00 | 27:00 | 27:00 | 28:00 | 28:00 | 29:00 | 29:30 | 30:30 | 31:00 | 32:00 |
| | 50 | 26:30 | 27:30 | 27:30 | 28:30 | 28:30 | 29:30 | 30:00 | 31:00 | 31:30 | 32:30 |
| | 48 | 27:00 | 28:00 | 28:00 | 29:00 | 29:00 | 30:00 | 30:30 | 31:30 | 32:00 | 33:00 |
| | 46 | 27:30 | 28:30 | 28:30 | 29:30 | 29:30 | 30:30 | 31:00 | 32:00 | 32:30 | 33:30 |
| Poor | 44 | 28:00 | 29:00 | 29:00 | 30:00 | 30:00 | 31:00 | 31:30 | 32:30 | 33:00 | 34:00 |
| | 42 | 28:30 | 29:30 | 29:30 | 30:30 | 30:30 | 31:30 | 32:00 | 33:00 | 33:30 | 34:30 |
| | 40 | 29:00 | 30:00 | 30:00 | 31:00 | 31:00 | 32:00 | 32:30 | 33:30 | 34:00 | 35:00 |
| | 38 | 29:30 | 30:30 | 30:30 | 31:30 | 31:30 | 32:30 | 33:00 | 34:00 | 34:30 | 35:30 |
| | 36 | 30:00 | 31:00 | 31:00 | 32:00 | 32:00 | 33:00 | 33:30 | 34:30 | 35:00 | 36:00 |
| | 34 | 30:30 | 31:30 | 31:30 | 32:30 | 32:30 | 33:30 | 34:00 | 35:00 | 35:30 | 36:30 |
| | 32 | 31:00 | 32:00 | 32:00 | 33:00 | 33:00 | 34:00 | 34:30 | 35:30 | 36:00 | 37:00 |
| | 30 | 31:30 | 32:30 | 32:30 | 33:30 | 33:30 | 34:30 | 35:00 | 36:00 | 36:30 | 37:30 |
| Very Poor | 0 | >31:30 | >32:30 | >32:30 | >33:30 | >33:30 | >34:30 | >35:00 | >36:00 | >36:30 | >37:30 |

VI. COURSE CALENDAR

Specific class meeting dates and times will be announced during the first class meeting 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 and meeting dates schedule
- 2 2-mile Field Test #1
- 3 2-mile Field Test #2
- 4 Submit aerobic points, and complete body mass index

Course Inventory for ORU's Student Learning Outcomes
HPE 120—Dance Aerobic Proficiency
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 |
|--|--|-------------------------------------|----------------------------------|---------------------------------|----------------------------|
|--|--|-------------------------------------|----------------------------------|---------------------------------|----------------------------|

| | | | | | |
|----------|--|--|--|--|----------|
| 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 |

