

Syllabus for
HPE 002—Health Fitness II
1 Credit Hour
Spring 2013

I. COURSE DESCRIPTION

A continuation of Health Fitness 001 course with emphasis on total body health fitness. Focus areas include cardiorespiratory fitness, nutrition, body composition, muscular skeletal fitness, and stress management. Includes consumer health information and a required weekly physical activity lab.

Prerequisite: HPE 001.

II. COURSE GOALS

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

- A. Gain a basic understanding of the role of physical activity in life today.
- B. Develop a philosophy related to physical well being on the basis of factual information from the areas of physical education, physiology, medicine, recreation, and safety.

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. Measure the strength, endurance, and flexibility of the musculoskeletal system; prescribe and follow a 12-week fitness program to develop the musculoskeletal system; reassess musculoskeletal fitness at the end of nine weeks; and evaluate the results.
- B. Assess his or her diet, prescribe a program for a healthy body composition and diet, follow the prescription for nine weeks, reassess the body composition and diet, and evaluate the results.
- C. Assess his or her cardiorespiratory fitness, prescribe a program of exercise for the cardiorespiratory system, follow the prescription for nine weeks, reassess the cardiorespiratory fitness level, and evaluate the results.
- D. Identify symptoms of stress and describe the five stress management techniques.
- E. Improve or maintain his or her own fitness as indicated by achievement on aerobic points and Field Test.
- F. Incorporate the concept of the whole person through the understanding of God's desire for health as stated in 3 John 2: "Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth."

IV. TEXTBOOKS AND OTHER LEARNING RESOURCES

A. Required Materials

1. Textbooks
Huber, F. (2013). *Essentials in physical activity* (5th ed.). Peosta, IA: Eddie Bowers. ISBN-10: 15879-095-6
2. Other
One package of Scantrons from the ORU campus 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. 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.

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:

Students are evaluated and graded on six criteria. The points earned by the student for each criterion measure will be added, and grades are awarded according to total points earned.

- | | <u>Points</u> |
|--|---------------|
| (1) Knowledge as measure by laboratory assignments | 190 |
| (2) Physical activity as measured by aerobic points | 50 |
| (3) Cardiorespiratory fitness as measured by field tests | 40 |
| (4) Knowledge as measured by test | 200 |
| (5) Upload reassessment of Lifestyle Lab 25 artifact (WPA) | 50 |
| (6) Upload aerobic points artifact (WPA) | <u>50</u> |
| Total Points | 580 |
- b. Grading scale:
A=580-522
B=521-464
C=463-406
D=405-348
F=347 and below
2. Whole Person Assessment Requirements
The penalty for not submitting electronically or for incorrectly submitting a WPA artifact is a zero for that lab.
- a. Reassessment of Lifestyle Lab 25 artifact
- b. Aerobic points artifact
3. Other Policies and/or Procedures
- a. Aerobic points (50 points possible)

Points Toward Grade	Average Weekly Aerobic Points
50	50+
45	45
40	40
35	35
30	30
25	25
0	<20

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	13:30	15:30	14:30	16:30	15:30	17:30	16:30	19:30	17:30	19:30
	37	14:00	16:00	15:00	17:00	16:00	18:00	17:00	19:00	18:00	20:00
Good	36	14:30	16:30	15:30	17:30	16:30	18:30	17:30	19:30	18:30	20:30
	35	15:00	17:00	16:00	18:00	17:00	19:00	18:00	20:00	19:00	21:00
	34	15:30	17:30	16:30	18:30	17:30	19:30	18:30	20:30	19:30	21:30
	33	16:00	18:00	17:00	19:00	18:00	20:00	19:00	21:00	20:00	22:00
Fair	32	16:30	18:30	17:30	19:30	18:30	20:30	19:30	21:30	20:30	22:30
	31	17:00	19:00	18:00	20:00	19:00	21:00	20:00	22:00	21:00	23:00
	30	17:30	19:30	18:30	20:30	19:30	21:30	20:30	22:30	21:30	23:30
	29	18:00	20:00	19:00	21:00	20:00	22:00	21:00	23:00	22:00	24:00
	28	18:30	20:30	19:30	21:30	20:30	22:30	21:30	23:30	22:30	24:30
Poor	27	19:00	21:00	20:00	22:00	21:00	23:00	22:00	24:00	23:00	25:00
	26	19:30	21:30	20:30	22:30	21:30	23:30	22:30	24:30	23:30	25:30
	25	20:00	22:00	21:00	23:00	22:00	24:00	23:00	25:00	24:00	26:00
	24	20:30	22:30	21:30	23:30	22:30	24:30	23:30	25:30	24:30	26:30
	23	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

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	22:30	23:30	23:30	24:30	24:30	25:30	26:00	27:00	27:30	28:30
	37	23:00	24:00	24:00	25:00	25:00	26:00	26:30	27:30	28:00	29:00
Good	36	23:30	24:30	24:30	25:30	25:30	26:30	27:00	28:00	28:30	29:30
	35	24:00	25:00	25:00	26:00	26:00	27:00	27:30	28:30	29:00	30:00
	34	24:30	25:30	25:30	26:30	26:30	27:30	28:00	29:00	29:30	30:30
	33	25:00	26:00	26:00	27:00	27:00	28:00	28:30	29:30	30:00	31:00
Fair	32	25:30	26:30	26:30	27:30	27:30	28:30	29:00	30:00	30:30	31:30
	31	26:00	27:00	27:00	28:00	28:00	29:00	29:30	30:30	31:00	32:00
	30	26:30	27:30	27:30	28:30	28:30	29:30	30:00	31:00	31:30	32:30
	29	27:00	28:00	28:00	29:00	29:00	30:00	30:30	31:30	32:00	33:00
	28	27:30	28:30	28:30	29:30	29:30	30:30	31:00	32:00	32:30	33:30
Poor	27	28:00	29:00	29:00	30:00	30:00	31:00	31:30	32:30	33:00	34:00
	26	28:30	29:30	29:30	30:30	30:30	31:30	32:00	33:00	33:30	34:30
	25	29:00	30:00	30:00	31:00	31:00	32:00	32:30	33:30	34:00	35:00
	24	29:30	30:30	30:30	31:30	31:30	32:30	33:00	34:00	34:30	35:30
	23	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	>34:30	>34:30	>35:00	>36:00

VI. COURSE CALENDAR

Week	Lecture Topic	Lab Activity
1	Review Syllabus	1.5-mile jog/walk
2	Chapter 5—Skeletal Muscular System and Strengthening Exercises	Resistance training
3	Chapter 5—Skeletal Muscular System and Strengthening Exercises	2-mile pre-Field Test
4	Chapter 10—Managing Stress and Back Injuries	Aerobic interval training
5	Chapter 10—Managing Stress and Back Injuries	Measuring and coping with stress
6	Chapter 9—Basic Nutrition for Health Fitness	Daily caloric intake and expenditure
7	Chapter 9—Basic Nutrition for Health Fitness	2.5-mile jog/walk
8	EXAM I	Swimming proficiency
9	Review Exam I	Circuit training
10	Chapter 7—Body Composition and Health Fitness	Reassessment of flexibility
11	Chapter 7—Body Composition and Health Fitness	Reassessment of muscular endurance
12	Chapter 8—The Physically Active Lifestyle and Aging	Reassessment of lifestyle and body mass index (BMI)
13	EXAM II	
14	Review Exam II	Makeup Field Test

Course Inventory for ORU's Student Learning Outcomes
HPE 002—Health Fitness II
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	