

Syllabus for
HPE 095—Beginning Mountain Biking and Fitness
1 Credit Hour
Fall 2013

I. COURSE DESCRIPTION

Designed for the student who has the ability to ride a Mountain Training Bike (MTB), but has never ridden to any large extent and is limited in knowledge of maintenance and MTB techniques. The course places a major emphasis on the learning of proper MTB techniques, terminology, single tracking regulations, and maintenance necessary for participation in off-road MTB.

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. Learn the skills and knowledge necessary for safe and enjoyable MTB.
- B. Learn how to select a bicycle and its proper fitting.
- C. Develop an appreciation of the social, economic, and entertainment aspects of MTB in American life.
- D. Understand and appreciate how MTB fits into the ORU aerobics program.
- E. Understand how MTB can contribute to the development of the whole person.

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. Have the ability to ride a bicycle for 30 minutes without stopping.
- B. Demonstrate the following: correct riding technique, how to change gears, and how to work the brakes.
- C. Successfully complete the required Field Test.

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
1-2	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) Health Fitness

- (a) Aerobic points and summary sheet 5%
- (b) Field Test 40%
- (c) Body Mass Index (BMI required) 5%

(2) Class participation (6 scheduled rides) 40%

(3) Exam on MTB components 10%

b. Grading scale:

A=90%

B=80%

C=70%

D=60%

F=59% and below

2. Whole Person Assessment Requirements

None

3. Other Course Policy and/or Procedures

- a. Students need to own or have access to a cycling helmet and have a mountain bike in good condition.

- b. 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

c. 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

Week	Topic
1	Each student needs to secure a mountain bike and a helmet for the rest of the semester. Note: A safety inspection is required before riding on the first trip.
2-13	Students will divide themselves into three groups of similar riding ability.
14	Students must turn in aerobic points <u>and</u> summary sheet directly to instructor during this class. Late aerobic points and summary sheet are NOT accepted.
15	2-mile running/speed walking Field Test and knowledge exam Body Mass Index (BMI) testing, as required Testing at Aerobic Center in HPE Department Lab

Course Inventory for ORU's Student Learning Outcomes
HPE 095—Beginning Mountain Biking and Fitness
Fall 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	