

Syllabus for  
**HPE 005—Fitness Club**  
1 Credit hour  
Spring 2015

I. COURSE DESCRIPTION

Designed for students who have demonstrated a high level of health fitness and desire to improve or maintain their fitness through an individual fitness program of jogging, cycling, or swimming. Emphasis in this course is placed upon flexibility, strength, weight control, sound nutritional habits, and development of the student's cardiovascular system.

Prerequisites: HPE 001 and HPE 002, HPE 003, or Grad Health Fitness 503. Completed Swim Proficiency Testing and field test within "Good" standard of CR Fitness Level (C.5.a.)

II. COURSE GOALS

This course is designed to maintain an already high level of cardiorespiratory fitness as well as body composition, which has already been shown to be lean as measured by BMI. The course is designed to enable the student to maintain a high level of cardiorespiratory fitness, excellent body composition, and develop personalized health fitness program toward specific fitness goals.

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

- A. Discover the benefits of an aerobic lifestyle by successfully completing all the core requirements.
- B. Gain self-confidence and positive self-image as the student sees and feels physical improvements.
- C. Develop a weight training lifestyle by learning all the core requirements.

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. Complete two (2) field tests within "Excellent" standard of CR Fitness Level.
- B. Have body composition of less than 15% fat for men and 25% fat for women (age 24 and under).
- C. Perform over 50 aerobic points per week.
- D. Design an individual fitness program that exhibits a discipline lifestyle.

IV. TEXTBOOKS AND OTHER LEARNING RESOURCES

Required Material  
ORU Aerobic Activity Log book

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, video, multimedia, or computer software. 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.
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 ePortfolio requirements. Students should consult the ePortfolio handbooks for requirements regarding general education and the students' majors.
  - a. The penalty for not submitting electronically or for incorrectly submitting an ePortfolio 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. Any student enrolled in this course must wear appropriate athletic type workout clothing, socks, and athletic shoes in proper condition.
  - b. Any student not in proper class attire will not be allowed to participate and will be counted as absent.
3. 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.
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
1-4	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 Evaluation Procedures

1. Grading

- a. Aerobic Points (13 weeks) 20%
- b. Body Mass Index (required) 20%
- c. Average of **two** Field Test times 60%  
after **both** tests have been passed 100%

2. Grading for the course is as follows:

- A = 90%
- B = 80%
- C = 70%
- D = 60%

Below 60% = F/Failed Course

3. Whole Person Assessment Requirements: None

4. Other Policies

It is the student's responsibility to contact instructor, Eric Hudgens, (email or in his office (Aerobic Center, #144) and pick up the course meeting calendar for dates, times, and location for the two field tests and body composition test.

5. Standards for Health Fitness Field Test and Body Composition

a. 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	

## 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	

b.

### BODY COMPOSITION (Women add 10)

<u>Level of Fitness</u>	<u>Points Toward Grade</u>	<u>Under 25</u>	<u>25-34</u>	<u>35-44</u>	<u>45-54</u>	<u>55+ AGE</u>
Unhealthy	0	<5%	<5%	<5%	<6%	<7%
Athletic	20	5-10	5-10	5-10	6-11	7-12
Healthy	20	11-15	11-15	11-16	12-18	13-19
Acceptable	0	16-20	16-22	17-24	19-26	20-28
Unhealthy	0	>20	>22	>24	>26	>28

### AEROBIC POINTS

<u>Level of Fitness</u>	<u>Points Toward Grade</u>	<u>Weekly Aerobic Points</u>
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	32-24
	12	30-31
Below Average	0	0-29

## 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 2 times per week and students are required to turn-in aerobic points directly to Coach Hudgen's office, HPER #144 in aerobic center, every week.

<u>Week</u>	<u>Activity</u>
1	Orientation--go over syllabus, requirements, and meeting dates
2	BMI and/or percent fat by skin fold testing method Diet instruction, heart rate Aerobic and strength principles review
3	Weight training and flexibility principles review
4	Run <u>first</u> 2-mile field test during class
5 - 9	Develop and implement personal workouts
10	Run <u>second</u> 2-mile field test during class ePortfolio, 3B-2, for senior status (only) is due
11-14	Develop and implement personal workouts
15	Students must meet with instructor at the aerobic center concerning final grade information and to turn in aerobic points/summary sheet Any late work is not accepted.

## Course Inventory for ORU's Student Learning Outcomes

### Fitness Club—HPER 005 Spring 2015

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
<b>1</b>	<b>Outcome #1 – Spiritually Alive</b> Proficiencies/Capacities				
1A	Biblical knowledge		X		
1B	Sensitivity to the Holy Spirit				X
1C	Evangelistic capability				X
1D	Ethical behavior			X	
<b>2</b>	<b>Outcome #2 – Intellectually Alert</b> Proficiencies/Capacities				
2A	Critical thinking		X		
2B	Information literacy				X
2C	Global & historical perspectives				X
2D	Aesthetic appreciation			X	
2E	Intellectual creativity				X
<b>3</b>	<b>Outcome #3 – Physically Disciplined</b> Proficiencies/Capacities				
3A	Healthy lifestyle	X			
3B	Physically disciplined lifestyle	X			
<b>4</b>	<b>Outcome #4 – Socially Adept</b> 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	