

Syllabus for
HPE 027—Swim Conditioning and Fitness
1 Credit Hour
Fall 2016

I. COURSE DESCRIPTION

Designed to provide an opportunity for the proficient swimmer to improve his or her swimming knowledge and skill and to establish cardiorespiratory fitness as demonstrated throughout the course outline.

Prerequisites: HPE 001 and HPE 002 or GHPE 503/703. Passed swim proficiency test and swim 500m nonstop, Level 4—American Red Cross.

II. COURSE GOALS

The purpose of this course is designed to provide the student with sufficient knowledge and skill in order to design a personal aerobic swim conditioning program.

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 the ORU Swimming Field Test (800 meter) under the minimum standard.
- B. Develop and perform intermediate starts and turns skills.
- C. Develop and perform swimmer skills and strokes proficiency.
- D. Swim a minimum of 500-1,100 meters as prescribed by the course outline.
- E. Explain the six basic strokes, starts, and turns.
- F. List, define, and state examples of the different training methods in swimming (interval, distance, or sprint training).
- G. Identify swimming as a lifetime physical fitness and recreation activity.
- H. Discuss how swimming fits into the whole-person concept.

IV. TEXTBOOKS AND OTHER LEARNING RESOURCES

- A. Required Materials
 - 1. Textbooks
None
 - 2. Other
ORU Aerobic Activity Log book

B. Optional Materials

1. Textbooks
The American Red Cross. (2014). *Swimming and water safety manual*. Yardley, PA: The American Red Cross. ISBN: 9780815114987
Free download (2009 version).
2. Other
Fitbit® Charge HR

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. 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

Based on Days Each Week Class Meets During Semester			Letter Grade Reduced From Final Grade
1/Week	2/Week	3/Week	
1-2	1-4	1-6	0
3	5	7	1
4	6	8	2
5	7	9	3
6	8	10	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.
2. 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.
3. Class Attire

Students not in proper class attire will not be allowed to participate and will counted as absent.
4. Other

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.

C. Course Policies and Procedures

1. Evaluations:
Grading Percentages and Health and Fitness (Choose one of the two options below)

(a)	Aerobic Points Option	
	Aerobic Points	5%
	Body Mass Index (BMI)	5%
	Field Test	<u>40%</u>
	(or)	
(b)	Fitbit® Charge HR Option	
	Steps	10%
	Heart Rate/Active Minutes	10%
	Field Test	<u>30%</u>
(c)	Outside mileage/Globalization	10%
(d)	Skill Test—Level 5 American Red Cross Standards	<u>40%</u>
	Total	100%

2. Grading Scale:
 - A=90%
 - B=80%
 - C=70%
 - D=60%
 - F=59% and below
3. Whole Person Assessment Requirements
 - None
4. Course Attire
 - a. Students enrolled in this course must wear appropriate swimwear:
 - (1) modest one-piece swimsuits for females and modest swimming trunks for males.
 - (2) flip-flops are suggested (for good traction) to and from the locker room to the swimming pool.
 - b. During field testing students must wear appropriate workout clothing. Athletic shoes in safe condition and socks are also required.
 - c. Students not in proper course attire will not be allowed to swim/ participate and will counted as absent.
 - d. Recommended items are goggles and caps.
5. Health and Fitness Standard Charts
 - a. 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

b. Fitbit® Charge HR points

AVERAGE STEPS/DAY		AVERAGE ACTIVE MINUTES PER WEEK	
<u>STEPS/DAY</u>	POINTS EARNED	HEART RATE (Cardio & Peak)	POINTS EARNED
≥ 10,000	10	≥ 100 minutes	10
9,500 - 9,999	9	90 - 99	9
9,000 - 9,499	8	80 – 89	8
8,500 - 8,999	7	70 - 79	7
8,000 - 8,499	6	60 - 69	6
7,500 - 7,999	5	50 - 59	5
7,000 - 7,499	4	40 – 49	4
6,500 - 6,999	3	30 – 39	3
6,000 - 6,499	2	20 – 29	2
5,500 - 5,999	1	10 – 19	1
< 5,500	0	< 10	0

c. Field Test Standards

2-MILE RUN, 5-MILE CYCLE, & 800-METER SWIM FIELD TEST STANDARDS

Level of CR Fitness	Points		Under 25		25 – 34		35 – 44		45 – 54		55 – 64	
			Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
Superior	30	40	<13:00	<15:00	<14:00	<16 :00	<15:00	<17:00	<16:00	<18:00	<17:00	<19:00
Excellent	29	39	13:00	15:00	14:00	16:00	15:00	17:00	16:00	18:00	17:00	19:00
	28	38	13:15	15:15	14:15	16:15	15:15	17:15	16:15	18:15	17:15	19:15
	27	37	13:30	15:30	14:30	16:30	15:30	17:30	16:30	18:30	17:30	19:30
	26	36	13:45	15:45	14:45	16:45	15:45	17:45	16:45	18:45	17:45	19:45
	25	35	14:00	16:00	15:00	17:00	16:00	18:00	17:00	19:00	18:00	20:00
Good	24	34	14:15	16:15	15:15	17:15	16:15	18:15	17:15	19:15	18:15	20:15
	23	33	14:30	16:30	15:30	17:30	16:30	18:30	17:30	19:30	18:30	20:30
	22	32	14:45	16:45	15:45	17:45	16:45	18:45	17:45	19:45	18:45	20:45
	21	31	15:00	17:00	16:00	18:00	17:00	19:00	18:00	20:00	19:00	21:00
	20	30	15:15	17:15	16:15	18:15	17:15	19:15	18:15	20:15	19:15	21:15
	19	29	15:30	17:30	16:30	18:30	17:30	19:30	18:30	20:30	19:30	21:30
	18	28	15:45	17:45	16:45	18:45	17:45	19:45	18:45	20:45	19:45	21:45
	17	27	16:00	18:00	17:00	19:00	18:00	20:00	19:00	21:00	20:00	22:00
Fair	16	26	16:15	18:15	17:15	19:15	18:15	20:15	19:15	21:15	20:15	22:15
	15	25	16:30	18:30	17:30	19:30	18:30	20:30	19:30	21:30	20:30	22:30
	14	24	16:45	18:45	17:45	19:45	18:45	20:45	19:45	21:45	20:45	22:45
	13	23	17:00	19:00	18:00	20:00	19:00	21:00	20:00	22:00	21:00	23:00
	12	22	17:15	19:15	18:15	20:15	19:15	21:15	20:15	22:15	21:15	23:15
	11	21	17:30	19:30	18:30	20:30	19:30	21:30	20:30	22:30	21:30	23:30
	10	20	17:45	19:45	18:45	20:45	19:45	21:45	20:45	22:45	21:45	23:45
	09	19	18:00	20:00	19:00	21:00	20:00	22:00	21:00	23:00	22:00	24:00
	Poor	08	18	18:15	20:15	19:15	21:15	20:15	22:15	21:15	23:15	22:15
07		17	18:30	20:30	19:30	21:30	20:30	22:30	21:30	23:30	22:30	24:30
06		16	18:45	20:45	19:45	21:45	20:45	22:45	21:45	23:45	22:45	24:45
05		15	19:00	21:00	20:00	22:00	21:00	23:00	22:00	24:00	23:00	25:00
04		14	19:15	21:15	20:15	22:15	21:15	23:15	22:15	24:15	23:15	25:15
03		13	19:30	21:30	20:30	22:30	21:30	23:30	22:30	24:30	23:30	25:30
02		12	19:45	21:45	20:45	22:45	21:45	23:45	22:45	24:45	23:45	25:45
01		11	20:00	22:00	21:00	23:00	22:00	24:00	23:00	25:00	24:00	26:00
Very Poor	00	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		>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 – 64	
			Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
Superior	30	40	<22:00	<23:00	<23:00	<24:00	<24:00	<25:00	<25:30	<26:30	<27:00	<28:00
Excellent	29	39	22:00	23:00	23:00	24:00	24:00	25:00	25:30	26:30	27:00	28:00
	28	38	22:15	23:15	23:15	24:15	24:15	25:15	25:45	26:45	27:15	28:15
	27	37	22:30	23:30	23:30	24:30	24:30	25:30	26:00	27:00	27:30	28:30
	26	36	22:45	23:45	23:45	24:45	24:45	25:45	26:15	27:15	27:45	28:45
	25	35	23:00	24:00	24:00	25:00	25:00	26:00	26:30	27:30	28:00	29:00
Good	24	34	23:15	24:15	24:15	25:15	25:15	26:15	26:45	27:45	28:15	29:15
	23	33	23:30	24:30	24:30	25:30	25:30	26:30	27:00	28:00	28:30	29:30
	22	32	23:45	24:45	24:45	25:45	25:45	26:45	27:15	28:15	28:45	29:45
	21	31	24:00	25:00	25:00	26:00	26:00	27:00	27:30	28:30	29:00	30:00
	20	30	24:15	25:15	25:15	26:15	26:15	27:15	27:45	28:45	29:15	30:15
	19	29	24:30	25:30	25:30	26:30	26:30	27:30	28:00	29:00	29:30	30:30
	18	28	24:45	25:45	25:45	26:45	26:45	27:45	28:15	29:15	29:45	30:45
	17	27	25:00	26:00	26:00	27:00	27:00	28:00	28:30	29:30	30:00	31:00
Fair	16	26	25:15	26:15	26:15	27:15	27:15	28:15	28:45	29:45	30:15	31:15
	15	25	25:30	26:30	26:30	27:30	27:30	28:30	29:00	30:00	30:30	31:30
	14	24	25:45	26:45	26:45	27:45	27:45	28:45	29:15	30:15	30:45	31:45
	13	23	26:00	27:00	27:00	28:00	28:00	29:00	29:30	30:30	31:00	32:00
	12	22	26:15	27:15	27:15	28:15	28:15	29:15	29:45	30:45	31:15	32:15
	11	21	26:30	27:30	27:30	28:30	28:30	29:30	30:00	31:00	31:30	32:30
	10	20	26:45	27:45	27:45	28:45	28:45	29:45	30:15	31:15	31:45	32:45
	Poor	09	19	27:00	28:00	28:00	29:00	29:00	30:00	30:30	31:30	32:00
08		18	27:15	28:15	28:15	29:15	29:15	30:15	30:45	31:45	32:15	33:15
07		17	27:30	28:30	28:30	29:30	29:30	30:30	31:00	32:00	32:30	33:30
06		16	27:45	28:45	28:45	29:45	29:45	30:45	31:15	32:15	32:45	33:45
05		15	28:00	29:00	29:00	30:00	30:00	31:00	31:30	32:30	33:00	34:00
04		14	28:15	29:15	29:15	30:15	30:15	31:15	31:45	32:45	33:15	34:15
03		13	28:30	29:30	29:30	30:30	30:30	31:30	32:00	33:00	33:30	34:30
02		12	28:45	29:45	29:45	30:45	30:45	31:45	32:15	33:15	33:45	34:45
01		11	29:00	30:00	30:00	31:00	31:00	32:00	32:30	33:30	34:00	35:00
Very Poor	00	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	35:45	35:15	36:15
	5		30:30	31:30	31:30	32:30	32:30	33:30	34:00	36:00	35:30	36:30
	4		30:45	31:45	31:45	32:45	32:45	33:45	34:15	36:15	35:45	36:45
	3		31:00	32:00	32:00	33:00	33:00	34:00	34:30	36:30	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	37:00	36:30	37:30
0		>31:30	>32:30	>32:30	>33:30	>33:30	>34:30	>35:00	>37:00	>36:30	>37:30	

VI. COURSE CALENDAR

Week	Day	Event	Mileage outside of class
1	1	Syllabus	
	2	Orientation	
2	3	Stretching	500
	4	Front crawl	
3	5	Elementary back	600
	6	Sidestroke	
4	7	Breaststroke	600
	8	Body Mass Index (BMI) testing	
5	9	Butterfly	700
	10	Back crawl	
6	11	Life jacket/treading	800
	12	2-mile speed walk/run field test	
7	13	Rescue/neck injuries	800
	14	Dive	
8	15	Entries	900
	16	Survival float/swim and sculling	
9	17	3 surface dive and underwater swim	900
	18	Open face turn—front	
10	19	Open face turns—back	1,000
	20	Flip turns—front and back	
11	21	Push off flutter/dolphin	1,000
	22	50 side/50 elem	
12	23	Front starts—front crawl 100m	1,100
	24	Back starts—back crawl 100m	
13	25	50m butterfly	1,100
	26	100m breaststroke	
14	27	Aerobic log points and summary sheet	
	28	Makeup skills	
15	29	Makeup skills	
	30	Meet with instructor to discuss final grade and sign grade sheet	

**Course Inventory for ORU's Student Learning Outcomes
HPE 027—Swim Conditioning and Fitness
Fall 2016**

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	