

Syllabus for  
**GHPE 515/GHPE 715—Graduate Aerobics**  
0.5 Credit Hour  
Spring 2017

I. COURSE DESCRIPTION

A flexible course designed to help graduate students meet the ORU fitness and lifestyle requirement. No walking or modified Field Tests allowed.

Prerequisites: HPE 001 and HPE 002 or GHPE 503 or 703; graduate standing.

II. COURSE GOAL

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

- A. Meet the ORU fitness lifestyle requirements.
- B. Fulfill the University's statement of purpose to be physically disciplined.

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. Pass the regular field test with at least an average fitness level.
- B. Average 30 aerobic points for 13 weeks or earn 20 points through Fitbit® steps and heart rate active minutes.
- C. Maintain at least average body composition.

IV. TEXTBOOKS AND OTHER LEARNING RESOURCES

A. Required Materials

- 1. Textbook  
None
- 2. Other  
ORU Aerobic Activity Log (purchase from ORU campus bookstore)

B. Optional Materials

- 1. Textbook  
None
- 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	Letter Grade Reduced From Final Grade
1	1
2	Fail the Course

2. 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.

3. 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.
  4. 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.
- C. Course Policies and Procedures
1. Evaluation Procedures  
Health and Fitness (Choose one of the two options below)
    - (a) **Aerobic Points Option**

Aerobic Points and Summary Sheet	30%
Body Mass Index (BMI)	10%
Field Test (2-mile run)	<u>60%</u>
<i>(or)</i>	Total 100%
    - (b) **Fitbit® Charge HR Option**

Steps	10%
Heart Rate/Active Minutes	10%
Body Mass Index (BMI)	20%
Field Test (2-mile run)	<u>60%</u>
Total	100%
  2. Whole Person Assessment Requirements  
None
  3. Other Course Policies and/or Procedures
    - a. Students must have a Medical Assessment on file in Student Health before taking this course.
    - b. Date and time for meeting is the FIRST FRIDAY after classes begin each semester. This supersedes any other written schedule from ANY department or school.
    - c. Students can access final grade percentage on D2L
    - d. Aerobic points (average weekly amount for 13 weeks):

Level of Fitness	Points Toward Grade	Weekly Aerobic Points
Excellent	30	30+
Very Good	29	29-27
	28	26-25
Good	27	24-22
	26	21-20
Above Average	25	19-17
	24	16-15
Average	23	14-12
	22	11-10
Poor	21	9-7
	10	6-5
Very Poor	9	4-3

e. Fitbit® Charge HR points

AVERAGE STEPS/DAY		AVERAGE ACTIVE MINUTES PER WEEK	
STEPS/DAY	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

f. 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	60	<13:00	<15:00	<14:00	<16 :00	<15:00	<17:0 0	<16:00	<18:00	<17:00	<19: 00
Excellent	58	13:00	15:00	14:00	16:00	15:00	17:00	16:00	18:00	17:00	19:00
	56	13:30	15:30	14:30	16:30	15:30	17:30	16:30	18:30	17:30	19:30
	54	14:00	16:00	15:00	17:00	16:00	18:00	17:00	19:00	18:00	20:00
Good	52	14:30	16:30	15:30	17:30	16:30	18:30	17:30	19:30	18:30	20:30
	50	15:00	17:00	16:00	18:00	17:00	19:00	18:00	20:00	19:00	21:00
	48	15:30	17:30	16:30	18:30	17:30	19:30	18:30	20:30	19:30	21:30
	46	16:00	18:00	17:00	19:00	18:00	20:00	19:00	21:00	20:00	22:00
Fair	44	16:30	18:30	17:30	19:30	18:30	20:30	19:30	21:30	20:30	22:30
	42	17:00	19:00	18:00	20:00	19:00	21:00	20:00	22:00	21:00	23:00
	40	17:30	19:30	18:30	20:30	19:30	21:30	20:30	22:30	21:30	23:30
	38	18:00	20:00	19:00	21:00	20:00	22:00	21:00	23:00	22:00	24:00
	36	18:30	20:30	19:30	21:30	20:30	22:30	21:30	23:30	22:30	24:30
Poor	34	19:00	21:00	20:00	22:00	21:00	23:00	22:00	24:00	23:00	25:00
	32	19:30	21:30	20:30	22:30	21:30	23:30	22:30	24:30	23:30	25:30
	30	20:00	22:00	21:00	23:00	22:00	24:00	23:00	25:00	24:00	26:00
	28	20:30	22:30	21:30	23:30	22:30	24:30	23:30	25:30	24:30	26:30
	26	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

## VI. COURSE CALENDAR

This class meets four times during the semester.

Specific class meeting dates and times will be announced during the first class meeting.

<b>Meeting</b>	<b>Topic</b>
1	Orientation, syllabus review, how to calculate aerobic points from aerobic exercise, and meeting dates (1st Friday of classes at 1:00pm in the Aerobics Center, room #137)
2	2-mile run field test #1 with partners (one partner records lap times)
3	2-mile run field test #2 with partners (partners switch roles)
4	Submit 13 weeks of aerobic points Body Mass Index testing Students can access final grade percentage on D2L

**Course Inventory for ORU's Student Learning Outcomes**  
**GHPE 515/GHPE 715—Graduate Aerobics**  
**Spring 2017**

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.

	<b>OUTCOMES &amp; Proficiencies/Capacities</b>	<b>Significant Contribution</b>	<b>Moderate Contribution</b>	<b>Minimal Contribution</b>	<b>No Contribution</b>
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<b>1</b>	<b>Outcome #1—Spiritually Alive Proficiencies/Capacities</b>				
1A	Biblical knowledge				<b>X</b>
1B	Sensitivity to the Holy Spirit				<b>X</b>
1C	Evangelistic capability				<b>X</b>
1D	Ethical behavior			<b>X</b>	

<b>2</b>	<b>Outcome #2—Intellectually Alert Proficiencies/Capacities</b>				
2A	Critical thinking				<b>X</b>
2B	Information literacy				<b>X</b>
2C	Global & historical perspectives				<b>X</b>
2D	Aesthetic appreciation				<b>X</b>
2E	Intellectual creativity				<b>X</b>

<b>3</b>	<b>Outcome #3—Physically Disciplined Proficiencies/Capacities</b>				
3A	Healthy lifestyle	<b>X</b>			
3B	Physically disciplined lifestyle	<b>X</b>			

<b>4</b>	<b>Outcome #4—Socially Adept Proficiencies/Capacities</b>				
4A	Communication skills				<b>X</b>
4B	Interpersonal skills				<b>X</b>
4C	Appreciation of cultural & linguistic differences				<b>X</b>
4D	Responsible citizenship				<b>X</b>
4E	Leadership capacity				<b>X</b>