

Syllabus for
HPE 026—Beginning Swimming and Fitness
1 Credit Hour
Spring 2017

I. COURSE DESCRIPTION

Designed for the student who has little or no experience in swimming. Places major emphasis on developing the basic swimming strokes and safety factors related to water.

Prerequisites: HPE 001 and HPE 002 or GHPE 503/703.

Lab fee: \$15.00

II. COURSE GOALS

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

- A. Swim and improve basic swim knowledge and skill.
- B. Improve cardiovascular fitness, increase flexibility and strength, and identify health and safety factors related to water (accident prevention and first aid).

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. Describe and demonstrate the fundamental principles of swimming: buoyancy, propulsion, body position, balance, relaxation, breathing, and coordination.
- B. Pass the ORU Swimming Proficiency Test and be able to demonstrate the ability to survive in deep water.
- C. Describe and demonstrate certain principles of health and safety related to swimming, including elementary forms of rescue and artificial respiration.

IV. TEXTBOOKS AND OTHER LEARNING RESOURCES

A. Required Materials

- 1. Textbooks
None
- 2. Other
Fitbit® **or** ORU Aerobic Points in Activity Log booklet

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
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. 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. Other Policy

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

- a. Grading percentages:

- (1) Health and Fitness (Choose one of the two options below)

(a) **Aerobic Points Option = 50%**

Aerobic Points 5%

(Aerobic points will be handed in every other week using **only** the ORU Aerobic Activity Log.)

Body Mass Index (BMI) 5%

Field Test 40%

(or)

(b) **Fitbit® Option = 50%**

Steps 10%

Heart Rate/Active Minutes 15%

BMI 5%

Field Test Participation 5%

Field Test 15%

- (2) Participation/Swim Proficiency Test/

Written Test/Outside swim sessions (includes Skill Test) 50%

Total 100%

2. Grading scale:

A = 90%

B = 80%

C = 70%

D = 60%

F = 59% and below

3. D2L
Each student is responsible to check (i.e. Fitbit®) record and upload any other required information into their D2L site. Students need to check their D2L account during the course of the semester.
4. Whole Person Assessment Requirements
None
5. Course Attire
 - a. Students enrolled in this course must wear appropriate swimwear: one-piece swimsuits for females and regular swimming trunks for males. Shower shoes (for safety) with good traction should be worn on pool deck and in the locker room.
 - 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 participate and will counted as absent.
 - d. Highly recommended are goggles and swim cap.
6. 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® STEPS and HEART RATE 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	10
9,000 - 9,999	9	90 - 99	9
8,000 - 8,999	8	80 – 89	8
7,000 - 7,999	7	70 - 79	7
6,000 - 6,999	6	60 - 69	6
5,000 - 5,999	5	50 - 59	5
4,000 - 4,999	4	40 – 49	4
3,000 - 3,999	3	30 – 39	3
2,000 - 2,999	2	20 – 29	2
1,000 - 1,999	1	1 – 19	1
< 1,000	0	FAT BURN	
		≥ 50	5
		40 - 49	4
		30 - 39	3
		20 - 29	2
		10 - 19	1
		< 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	15	40	<13:00	<15:00	<14:00	<16:00	<15:00	<17:00	<16:00	<18:00	<17:00	<19:00
Excellent	14	39	13:00	15:00	14:00	16:00	15:00	17:00	16:00	18:00	17:00	19:00
	13	38	13:15	15:15	14:15	16:15	15:15	17:15	16:15	18:15	17:15	19:15
	12	37	13:30	15:30	14:30	16:30	15:30	17:30	16:30	18:30	17:30	19:30
	11	36	13:45	15:45	14:45	16:45	15:45	17:45	16:45	18:45	17:45	19:45
	10	35	14:00	16:00	15:00	17:00	16:00	18:00	17:00	19:00	18:00	20:00
Good	9	34	14:15	16:15	15:15	17:15	16:15	18:15	17:15	19:15	18:15	20:15
	8	33	14:30	16:30	15:30	17:30	16:30	18:30	17:30	19:30	18:30	20:30
	7	32	14:45	16:45	15:45	17:45	16:45	18:45	17:45	19:45	18:45	20:45
	6	31	15:00	17:00	16:00	18:00	17:00	19:00	18:00	20:00	19:00	21:00
	5	30	15:15	17:15	16:15	18:15	17:15	19:15	18:15	20:15	19:15	21:15
	4	29	15:30	17:30	16:30	18:30	17:30	19:30	18:30	20:30	19:30	21:30
	3	28	15:45	17:45	16:45	18:45	17:45	19:45	18:45	20:45	19:45	21:45
	2	27	16:00	18:00	17:00	19:00	18:00	20:00	19:00	21:00	20:00	22:00
Fair	1	26	16:15	18:15	17:15	19:15	18:15	20:15	19:15	21:15	20:15	22:15
	0	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		>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
Superior	15	40	<22:00	<23:00	<23:00	<24:00	<24:00	<25:30	<26:30	<27:00	<28:00
Excellent	14	39	22:00	23:00	23:00	24:00	24:00	25:30	26:30	27:00	28:00
	13	38	22:15	23:15	23:15	24:15	25:15	25:45	26:45	27:15	28:15
	12	37	22:30	23:30	23:30	24:30	25:30	26:00	27:00	27:30	28:30
	11	36	22:45	23:45	23:45	24:45	25:45	26:15	27:15	27:45	28:45
	10	35	23:00	24:00	24:00	25:00	25:00	26:30	27:30	28:00	29:00
Good	9	34	23:15	24:15	24:15	25:15	25:15	26:45	27:45	28:15	29:15
	8	33	23:30	24:30	24:30	25:30	26:30	27:00	28:00	28:30	29:30
	7	32	23:45	24:45	24:45	25:45	26:45	27:15	28:15	28:45	29:45
	6	31	24:00	25:00	25:00	26:00	27:00	27:30	28:30	29:00	30:00
	5	30	24:15	25:15	25:15	26:15	27:15	27:45	28:45	29:15	30:15
	4	29	24:30	25:30	25:30	26:30	27:30	28:00	29:00	29:30	30:30
	3	28	24:45	25:45	25:45	26:45	27:45	28:15	29:15	29:45	30:45
	2	27	25:00	26:00	26:00	27:00	28:00	28:30	29:30	30:00	31:00
Fair	1	26	25:15	26:15	26:15	27:15	28:15	28:45	29:45	30:15	31:15
	0	25	25:30	26:30	26:30	27:30	28:30	29:00	30:00	30:30	31:30
		24	25:45	26:45	26:45	27:45	28:45	29:15	30:15	30:45	31:45
		23	26:00	27:00	27:00	28:00	29:00	29:30	30:30	31:00	32:00
		22	26:15	27:15	27:15	28:15	29:15	29:45	30:45	31:15	32:15
		21	26:30	27:30	27:30	28:30	29:30	30:00	31:00	31:30	32:30
		20	26:45	27:45	27:45	28:45	29:45	30:15	31:15	31:45	32:45
Poor	19		27:00	28:00	28:00	29:00	30:00	30:30	31:30	32:00	33:00
	18		27:15	28:15	28:15	29:15	30:15	30:45	31:45	32:15	33:15
	17		27:30	28:30	28:30	29:30	30:30	31:00	32:00	32:30	33:30
	16		27:45	28:45	28:45	29:45	30:45	31:15	32:15	32:45	33:45
	15		28:00	29:00	29:00	30:00	31:00	31:30	32:30	33:00	34:00
	14		28:15	29:15	29:15	30:15	31:15	31:45	32:45	33:15	34:15
	13		28:30	29:30	29:30	30:30	31:30	32:00	33:00	33:30	34:30
	12		28:45	29:45	29:45	30:45	31:45	32:15	33:15	33:45	34:45
	11		29:00	30:00	30:00	31:00	32:00	32:30	33:30	34:00	35:00
Very Poor	10		29:15	30:15	30:15	31:15	32:15	32:45	33:45	34:15	35:15
	9		29:30	30:30	30:30	31:30	32:30	33:00	34:00	34:30	35:30
	8		29:45	30:45	30:45	31:45	32:45	33:15	34:15	34:45	35:45
	7		30:00	31:00	31:00	32:00	33:00	33:30	34:30	35:00	36:00
	6		30:15	31:15	31:15	32:15	33:15	33:45	35:45	35:15	36:15
	5		30:30	31:30	31:30	32:30	33:30	34:00	36:00	35:30	36:30
	4		30:45	31:45	31:45	32:45	33:45	34:15	36:15	35:45	36:45
	3		31:00	32:00	32:00	33:00	34:00	34:30	36:30	36:00	37:00
	2		31:15	32:15	32:15	33:15	34:15	34:45	36:45	36:15	37:15
	1		31:30	32:30	32:30	33:30	34:30	35:00	37:00	36:30	37:30
	0		>31:30	>32:30	>32:30	>33:30	>34:30	>35:00	>37:00	>36:30	>37:30

VI. COURSE CALENDAR

Day	Topic/Activity
1	Information sheet, syllabus, and grade sheet
2	Pool orientation and swim proficiencies Physical/mental adjustment to the water (example): Face in the water, water walking with front crawl and back crawl arms
3	Noodles, stretching and rehab
4	Shallow water assist, Jellyfish, tuck float, prone float, front glide with flutter kicks
5	Breathing of front crawl, supine floating, sculling, back tread, back glide
6	Body Mass Index (BMI)
7	Buoyancy, Review
8	Speed-Walking/Running 2-mile field test
9	Elementary back stroke
10	Breast stroke
11	Side stroke
12	Second speed-walking/running 2-mile field test
13	Back crawl/Butterfly
14	Rescue class
15	Huddle and H.E.L.P. with lifejackets
16	Treading
17	Deep Water pool entries: feet first stride and shallow dive
18-24	Skill testing
22	Written test due
26	Aerobic log points and summary sheet directly to instructor Late aerobic log points and summary sheet NOT accepted
27-28	Instructor enters swim and water minutes into D2L. Student is responsible for checking, recording and uploading required information into their D2L. Student can meet with instructor during regular class time.

Course Inventory for ORU's Student Learning Outcomes
HPE 026—Beginning Swimming and Fitness
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.

	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			