

Syllabus for  
**HPE 025—Aquatic Exercise and Fitness**  
1 Credit Hour  
Spring 2017

I. COURSE DESCRIPTION

Designed for the student to be involved in a variety of aerobic conditioning activities in the water to promote aerobic and musculoskeletal fitness. These activities include exercises for muscle flexibility, strengthening, jogging, and other rhythmic movements for cardiorespiratory conditioning. All aquatic exercises are performed in the shallow end of the pool.

Prerequisites: HPE 001 and HPE 002 or GHPE 503/703. Passed Swim Proficiency test.

Lab fee: \$15.00

II. COURSE GOALS

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

- A. Develop an understanding and appreciation of aquatic exercise and how it contributes to the development of the whole person.
- B. Appreciate how aquatic exercise fits into the aerobic program and the benefits that come from participating in aquatic exercise.

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. Perform the specified aquatic exercises at 60%-90% maximal heart rate.
- B. Define aerobic terminology.
- C. Measure pulse rate before and after aerobic activity and understand its implication.
- D. List the properties of water and tell how they affect exercise in the water.
- E. Design an exercise that could be done in class.
- F. Have fun while keeping fit.

IV. TEXTBOOKS AND OTHER LEARNING RESOURCES

A. Required Materials

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

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. 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

- 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® Charge HR Option = 50%**

Steps 10%

Heart Rate/Active Minutes 15%

BMI 5%

Field Test Participation 5%

Field Test 15%

(2)	Activity/Participation	40%
(3)	Design an exercise program or project to be done in class/globalization	<u>10%</u>
	Total	100%

b. Grading scale:

A = 90%

B = 80%

C = 70%

D = 60%

F = 59% and below

1. Whole Person Assessment Requirements

None

2. D2L

Each student is responsible to check (i.e. Fitbit®) record and upload any required information into their D2L site. Student will need to check their D2L account during the course of the semester.

3. 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 (with good traction) should be worn 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 participate and will counted as absent.

4. 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	<b>FAT BURN</b>	
		≥ 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
<b>Superior</b>	<b>15</b>	<b>40</b>	<b>&lt;13:00</b>	<b>&lt;15:00</b>	<b>&lt;14:00</b>	<b>&lt;16:00</b>	<b>&lt;15:00</b>	<b>&lt;17:00</b>	<b>&lt;16:00</b>	<b>&lt;18:00</b>	<b>&lt;17:00</b>	<b>&lt;19:00</b>
<b>Excellent</b>	<b>14</b>	<b>39</b>	<b>13:00</b>	<b>15:00</b>	<b>14:00</b>	<b>16:00</b>	<b>15:00</b>	<b>17:00</b>	<b>16:00</b>	<b>18:00</b>	<b>17:00</b>	<b>19:00</b>
	<b>13</b>	<b>38</b>	<b>13:15</b>	<b>15:15</b>	<b>14:15</b>	<b>16:15</b>	<b>15:15</b>	<b>17:15</b>	<b>16:15</b>	<b>18:15</b>	<b>17:15</b>	<b>19:15</b>
	<b>12</b>	<b>37</b>	<b>13:30</b>	<b>15:30</b>	<b>14:30</b>	<b>16:30</b>	<b>15:30</b>	<b>17:30</b>	<b>16:30</b>	<b>18:30</b>	<b>17:30</b>	<b>19:30</b>
	<b>11</b>	<b>36</b>	<b>13:45</b>	<b>15:45</b>	<b>14:45</b>	<b>16:45</b>	<b>15:45</b>	<b>17:45</b>	<b>16:45</b>	<b>18:45</b>	<b>17:45</b>	<b>19:45</b>
	<b>10</b>	<b>35</b>	<b>14:00</b>	<b>16:00</b>	<b>15:00</b>	<b>17:00</b>	<b>16:00</b>	<b>18:00</b>	<b>17:00</b>	<b>19:00</b>	<b>18:00</b>	<b>20:00</b>
<b>Good</b>	<b>9</b>	<b>34</b>	<b>14:15</b>	<b>16:15</b>	<b>15:15</b>	<b>17:15</b>	<b>16:15</b>	<b>18:15</b>	<b>17:15</b>	<b>19:15</b>	<b>18:15</b>	<b>20:15</b>
	<b>8</b>	<b>33</b>	<b>14:30</b>	<b>16:30</b>	<b>15:30</b>	<b>17:30</b>	<b>16:30</b>	<b>18:30</b>	<b>17:30</b>	<b>19:30</b>	<b>18:30</b>	<b>20:30</b>
	<b>7</b>	<b>32</b>	<b>14:45</b>	<b>16:45</b>	<b>15:45</b>	<b>17:45</b>	<b>16:45</b>	<b>18:45</b>	<b>17:45</b>	<b>19:45</b>	<b>18:45</b>	<b>20:45</b>
	<b>6</b>	<b>31</b>	<b>15:00</b>	<b>17:00</b>	<b>16:00</b>	<b>18:00</b>	<b>17:00</b>	<b>19:00</b>	<b>18:00</b>	<b>20:00</b>	<b>19:00</b>	<b>21:00</b>
	<b>5</b>	<b>30</b>	<b>15:15</b>	<b>17:15</b>	<b>16:15</b>	<b>18:15</b>	<b>17:15</b>	<b>19:15</b>	<b>18:15</b>	<b>20:15</b>	<b>19:15</b>	<b>21:15</b>
	<b>4</b>	<b>29</b>	<b>15:30</b>	<b>17:30</b>	<b>16:30</b>	<b>18:30</b>	<b>17:30</b>	<b>19:30</b>	<b>18:30</b>	<b>20:30</b>	<b>19:30</b>	<b>21:30</b>
	<b>3</b>	<b>28</b>	<b>15:45</b>	<b>17:45</b>	<b>16:45</b>	<b>18:45</b>	<b>17:45</b>	<b>19:45</b>	<b>18:45</b>	<b>20:45</b>	<b>19:45</b>	<b>21:45</b>
	<b>2</b>	<b>27</b>	<b>16:00</b>	<b>18:00</b>	<b>17:00</b>	<b>19:00</b>	<b>18:00</b>	<b>20:00</b>	<b>19:00</b>	<b>21:00</b>	<b>20:00</b>	<b>22:00</b>
<b>Fair</b>	<b>1</b>	<b>26</b>	<b>16:15</b>	<b>18:15</b>	<b>17:15</b>	<b>19:15</b>	<b>18:15</b>	<b>20:15</b>	<b>19:15</b>	<b>21:15</b>	<b>20:15</b>	<b>22:15</b>
	<b>0</b>	<b>25</b>	<b>16:30</b>	<b>18:30</b>	<b>17:30</b>	<b>19:30</b>	<b>18:30</b>	<b>20:30</b>	<b>19:30</b>	<b>21:30</b>	<b>20:30</b>	<b>22:30</b>
		<b>24</b>	<b>16:45</b>	<b>18:45</b>	<b>17:45</b>	<b>19:45</b>	<b>18:45</b>	<b>20:45</b>	<b>19:45</b>	<b>21:45</b>	<b>20:45</b>	<b>22:45</b>
		<b>23</b>	<b>17:00</b>	<b>19:00</b>	<b>18:00</b>	<b>20:00</b>	<b>19:00</b>	<b>21:00</b>	<b>20:00</b>	<b>22:00</b>	<b>21:00</b>	<b>23:00</b>
		<b>22</b>	<b>17:15</b>	<b>19:15</b>	<b>18:15</b>	<b>20:15</b>	<b>19:15</b>	<b>21:15</b>	<b>20:15</b>	<b>22:15</b>	<b>21:15</b>	<b>23:15</b>
		<b>21</b>	<b>17:30</b>	<b>19:30</b>	<b>18:30</b>	<b>20:30</b>	<b>19:30</b>	<b>21:30</b>	<b>20:30</b>	<b>22:30</b>	<b>21:30</b>	<b>23:30</b>
		<b>20</b>	<b>17:45</b>	<b>19:45</b>	<b>18:45</b>	<b>20:45</b>	<b>19:45</b>	<b>21:45</b>	<b>20:45</b>	<b>22:45</b>	<b>21:45</b>	<b>23:45</b>
		<b>19</b>	<b>18:00</b>	<b>20:00</b>	<b>19:00</b>	<b>21:00</b>	<b>20:00</b>	<b>22:00</b>	<b>21:00</b>	<b>23:00</b>	<b>22:00</b>	<b>24:00</b>
<b>Poor</b>		<b>18</b>	<b>18:15</b>	<b>20:15</b>	<b>19:15</b>	<b>21:15</b>	<b>20:15</b>	<b>22:15</b>	<b>21:15</b>	<b>23:15</b>	<b>22:15</b>	<b>24:15</b>
		<b>17</b>	<b>18:30</b>	<b>20:30</b>	<b>19:30</b>	<b>21:30</b>	<b>20:30</b>	<b>22:30</b>	<b>21:30</b>	<b>23:30</b>	<b>22:30</b>	<b>24:30</b>
		<b>16</b>	<b>18:45</b>	<b>20:45</b>	<b>19:45</b>	<b>21:45</b>	<b>20:45</b>	<b>22:45</b>	<b>21:45</b>	<b>23:45</b>	<b>22:45</b>	<b>24:45</b>
		<b>15</b>	<b>19:00</b>	<b>21:00</b>	<b>20:00</b>	<b>22:00</b>	<b>21:00</b>	<b>23:00</b>	<b>22:00</b>	<b>24:00</b>	<b>23:00</b>	<b>25:00</b>
		<b>14</b>	<b>19:15</b>	<b>21:15</b>	<b>20:15</b>	<b>22:15</b>	<b>21:15</b>	<b>23:15</b>	<b>22:15</b>	<b>24:15</b>	<b>23:15</b>	<b>25:15</b>
		<b>13</b>	<b>19:30</b>	<b>21:30</b>	<b>20:30</b>	<b>22:30</b>	<b>21:30</b>	<b>23:30</b>	<b>22:30</b>	<b>24:30</b>	<b>23:30</b>	<b>25:30</b>
		<b>12</b>	<b>19:45</b>	<b>21:45</b>	<b>20:45</b>	<b>22:45</b>	<b>21:45</b>	<b>23:45</b>	<b>22:45</b>	<b>24:45</b>	<b>23:45</b>	<b>25:45</b>
		<b>11</b>	<b>20:00</b>	<b>22:00</b>	<b>21:00</b>	<b>23:00</b>	<b>22:00</b>	<b>24:00</b>	<b>23:00</b>	<b>25:00</b>	<b>24:00</b>	<b>26:00</b>
<b>Very Poor</b>		<b>10</b>	<b>20:15</b>	<b>22:15</b>	<b>21:15</b>	<b>23:15</b>	<b>22:15</b>	<b>24:15</b>	<b>23:15</b>	<b>25:15</b>	<b>24:15</b>	<b>26:15</b>
		<b>9</b>	<b>20:30</b>	<b>22:30</b>	<b>21:30</b>	<b>23:30</b>	<b>22:30</b>	<b>24:30</b>	<b>23:30</b>	<b>25:30</b>	<b>24:30</b>	<b>26:30</b>
		<b>8</b>	<b>20:45</b>	<b>22:45</b>	<b>21:45</b>	<b>23:45</b>	<b>22:45</b>	<b>24:45</b>	<b>23:45</b>	<b>25:45</b>	<b>24:45</b>	<b>26:45</b>
		<b>7</b>	<b>21:00</b>	<b>23:00</b>	<b>22:00</b>	<b>24:00</b>	<b>23:00</b>	<b>25:00</b>	<b>24:00</b>	<b>26:00</b>	<b>25:00</b>	<b>27:00</b>
		<b>6</b>	<b>21:15</b>	<b>23:15</b>	<b>22:15</b>	<b>24:15</b>	<b>23:15</b>	<b>25:15</b>	<b>24:15</b>	<b>26:15</b>	<b>25:15</b>	<b>27:15</b>
		<b>5</b>	<b>21:30</b>	<b>23:30</b>	<b>22:30</b>	<b>24:30</b>	<b>23:30</b>	<b>25:30</b>	<b>24:30</b>	<b>26:30</b>	<b>25:30</b>	<b>27:30</b>
		<b>4</b>	<b>21:45</b>	<b>23:45</b>	<b>22:45</b>	<b>24:45</b>	<b>23:45</b>	<b>25:45</b>	<b>24:45</b>	<b>26:45</b>	<b>25:45</b>	<b>27:45</b>
		<b>3</b>	<b>22:00</b>	<b>24:00</b>	<b>23:00</b>	<b>25:00</b>	<b>24:00</b>	<b>26:00</b>	<b>25:00</b>	<b>27:00</b>	<b>26:00</b>	<b>28:00</b>
		<b>2</b>	<b>22:15</b>	<b>24:15</b>	<b>23:15</b>	<b>25:15</b>	<b>24:15</b>	<b>26:15</b>	<b>25:15</b>	<b>27:15</b>	<b>26:15</b>	<b>28:15</b>
		<b>1</b>	<b>22:30</b>	<b>24:30</b>	<b>23:30</b>	<b>25:30</b>	<b>24:30</b>	<b>26:30</b>	<b>25:30</b>	<b>27:30</b>	<b>26:30</b>	<b>28:30</b>
		<b>0</b>	<b>&gt;22:30</b>	<b>&gt;24:30</b>	<b>&gt;23:30</b>	<b>&gt;25:30</b>	<b>&gt;24:30</b>	<b>&gt;26:30</b>	<b>&gt;25:30</b>	<b>&gt;27:30</b>	<b>&gt;26:30</b>	<b>&gt;28:30</b>

# **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
<b>Superior</b>	<b>15</b>	<b>40</b>	<b>&lt;22:00</b>	<b>&lt;23:00</b>	<b>&lt;23:00</b>	<b>&lt;24:00</b>	<b>&lt;24:00</b>	<b>&lt;25:30</b>	<b>&lt;26:30</b>	<b>&lt;27:00</b>	<b>&lt;28:00</b>
<b>Excellent</b>	<b>14</b>	<b>39</b>	<b>22:00</b>	<b>23:00</b>	<b>23:00</b>	<b>24:00</b>	<b>24:00</b>	<b>25:30</b>	<b>26:30</b>	<b>27:00</b>	<b>28:00</b>
	<b>13</b>	<b>38</b>	<b>22:15</b>	<b>23:15</b>	<b>23:15</b>	<b>24:15</b>	<b>25:15</b>	<b>25:45</b>	<b>26:45</b>	<b>27:15</b>	<b>28:15</b>
	<b>12</b>	<b>37</b>	<b>22:30</b>	<b>23:30</b>	<b>23:30</b>	<b>24:30</b>	<b>25:30</b>	<b>26:00</b>	<b>27:00</b>	<b>27:30</b>	<b>28:30</b>
	<b>11</b>	<b>36</b>	<b>22:45</b>	<b>23:45</b>	<b>23:45</b>	<b>24:45</b>	<b>25:45</b>	<b>26:15</b>	<b>27:15</b>	<b>27:45</b>	<b>28:45</b>
	<b>10</b>	<b>35</b>	<b>23:00</b>	<b>24:00</b>	<b>24:00</b>	<b>25:00</b>	<b>25:00</b>	<b>26:30</b>	<b>27:30</b>	<b>28:00</b>	<b>29:00</b>
<b>Good</b>	<b>9</b>	<b>34</b>	<b>23:15</b>	<b>24:15</b>	<b>24:15</b>	<b>25:15</b>	<b>25:15</b>	<b>26:45</b>	<b>27:45</b>	<b>28:15</b>	<b>29:15</b>
	<b>8</b>	<b>33</b>	<b>23:30</b>	<b>24:30</b>	<b>24:30</b>	<b>25:30</b>	<b>26:30</b>	<b>27:00</b>	<b>28:00</b>	<b>28:30</b>	<b>29:30</b>
	<b>7</b>	<b>32</b>	<b>23:45</b>	<b>24:45</b>	<b>24:45</b>	<b>25:45</b>	<b>26:45</b>	<b>27:15</b>	<b>28:15</b>	<b>28:45</b>	<b>29:45</b>
	<b>6</b>	<b>31</b>	<b>24:00</b>	<b>25:00</b>	<b>25:00</b>	<b>26:00</b>	<b>27:00</b>	<b>27:30</b>	<b>28:30</b>	<b>29:00</b>	<b>30:00</b>
	<b>5</b>	<b>30</b>	<b>24:15</b>	<b>25:15</b>	<b>25:15</b>	<b>26:15</b>	<b>27:15</b>	<b>27:45</b>	<b>28:45</b>	<b>29:15</b>	<b>30:15</b>
	<b>4</b>	<b>29</b>	<b>24:30</b>	<b>25:30</b>	<b>25:30</b>	<b>26:30</b>	<b>27:30</b>	<b>28:00</b>	<b>29:00</b>	<b>29:30</b>	<b>30:30</b>
	<b>3</b>	<b>28</b>	<b>24:45</b>	<b>25:45</b>	<b>25:45</b>	<b>26:45</b>	<b>27:45</b>	<b>28:15</b>	<b>29:15</b>	<b>29:45</b>	<b>30:45</b>
	<b>2</b>	<b>27</b>	<b>25:00</b>	<b>26:00</b>	<b>26:00</b>	<b>27:00</b>	<b>28:00</b>	<b>28:30</b>	<b>29:30</b>	<b>30:00</b>	<b>31:00</b>
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		<b>23</b>	<b>26:00</b>	<b>27:00</b>	<b>27:00</b>	<b>28:00</b>	<b>29:00</b>	<b>29:30</b>	<b>30:30</b>	<b>31:00</b>	<b>32:00</b>
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	<b>6</b>		<b>30:15</b>	<b>31:15</b>	<b>31:15</b>	<b>32:15</b>	<b>33:15</b>	<b>33:45</b>	<b>35:45</b>	<b>35:15</b>	<b>36:15</b>
	<b>5</b>		<b>30:30</b>	<b>31:30</b>	<b>31:30</b>	<b>32:30</b>	<b>33:30</b>	<b>34:00</b>	<b>36:00</b>	<b>35:30</b>	<b>36:30</b>
	<b>4</b>		<b>30:45</b>	<b>31:45</b>	<b>31:45</b>	<b>32:45</b>	<b>33:45</b>	<b>34:15</b>	<b>36:15</b>	<b>35:45</b>	<b>36:45</b>
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	<b>2</b>		<b>31:15</b>	<b>32:15</b>	<b>32:15</b>	<b>33:15</b>	<b>34:15</b>	<b>34:45</b>	<b>36:45</b>	<b>36:15</b>	<b>37:15</b>
	<b>1</b>		<b>31:30</b>	<b>32:30</b>	<b>32:30</b>	<b>33:30</b>	<b>34:30</b>	<b>35:00</b>	<b>37:00</b>	<b>36:30</b>	<b>37:30</b>
	<b>0</b>		<b>&gt;31:30</b>	<b>&gt;32:30</b>	<b>&gt;32:30</b>	<b>&gt;33:30</b>	<b>&gt;34:30</b>	<b>&gt;35:00</b>	<b>&gt;37:00</b>	<b>&gt;36:30</b>	<b>&gt;37:30</b>

## VI. COURSE CALENDAR

<b>Week</b>	<b>Topic/Activity</b>
1	Review syllabus Orientation Stretching
2	Aquatic workout variations
4	Body Mass Index (BMI) testing
5	Aquatic workout
6	<b>Running or speed-walking 2-mile Field Test</b>
7-12	Aquatic workout
13	Aquatic exercise
14	Creative aquatic movement workout Aerobic activity log/summary sheet due to instructor during this class
15	Instructor enters swim and water minutes into D2L. Student is responsible for recording, uploading and checking their D2L required information. Meet with instructor during regular class time.



**Course Inventory for ORU's Student Learning Outcomes**  
**HPE 025—Aquatic Exercises 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.

	<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>	