

Syllabus for
HPE 042—Creative Aerobics and Fitness
1 Credit Hour
Spring 2017

I. COURSE DESCRIPTION

Creative Aerobics is comprised of a variety of vigorous aerobic conditioning activities and flexibility training for the student and to promote aerobic fitness, including jogging, rhythmic movements, and exercises set to music.

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 to be able to do the following:

- A. Develop his or her own individual aerobic program.
- B. Learn to enjoy keeping fit by performing specified aerobic conditioning routines at a high level of aerobic capacity
- C. Develop the knowledge and understanding of aerobic and fitness terminology
- D. Learn to measure pulse rate before and after aerobic activity, and to understand its implications
- E. Develop an overall increase in range of motion through flexibility training and aerobic fitness.

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. Define Creative Aerobics and aerobics in general.
- B. Exceed the minimum standards for the required 2-mile run or speed walk Field Test and aerobic points.
- C. Accurately measure resting and exercise pulse rates and be able to pace exercise to a working heart rate.
- D. Perform specific aerobics routines at a moderate to high level of intensity.
- E. Demonstrate and perform body sculpting calisthenics, strengthening, and flexibility exercise.

IV. TEXTBOOKS AND OTHER LEARNING RESOURCES

- A. Required Materials
 - 1. Textbooks
 - None

2. Other
Fitbit® or ORU Activity Log booklet
- 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

- 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.

4. 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% |
| | | BMI | 5% |
| | | Heart Rate/Active Minutes | 15% |
| | | Field Test Participation | 5% |
| | | Field Test | <u>15%</u> |
| | (2) | Activity/Participation | <u>50%</u> |
| | | | Total 100% |
- b. Grading scale:
- A = 90-100%
- B = 80-89%
- C = 70-79%
- D = 60-69%
- F = 59% and below
2. Whole Person Assessment Requirements
 - None
 3. D2L
 - Each student is responsible to check, record and upload (i.e. Fitbit®) any required information during the course of the semester.
 4. Other Course Policies
 - Course equipment (optional): Weight lifting gloves
 5. Course Attendance
 - Activity course meets on M/W and student is expected to attend and participate in all class activities unless administratively excused. Only administrative excuses on the proper form are accepted.
 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	Male	Female
Superior	15	40	<22:00	<23:00	<23:00	<24:00	<24:00	<25:00	<25:30	<26:30	<27:00	<28:00
Excellent	14	39	22:00	23:00	23:00	24:00	24:00	25:00	25:30	26:30	27:00	28:00
	13	38	22:15	23:15	23:15	24:15	24:15	25:15	25:45	26:45	27:15	28:15
	12	37	22:30	23:30	23:30	24:30	24:30	25:30	26:00	27:00	27:30	28:30
	11	36	22:45	23:45	23:45	24:45	24:45	25:45	26:15	27:15	27:45	28:45
	10	35	23:00	24:00	24:00	25:00	25:00	26:00	26:30	27:30	28:00	29:00
Good	9	34	23:15	24:15	24:15	25:15	25:15	26:15	26:45	27:45	28:15	29:15
	8	33	23:30	24:30	24:30	25:30	25:30	26:30	27:00	28:00	28:30	29:30
	7	32	23:45	24:45	24:45	25:45	25:45	26:45	27:15	28:15	28:45	29:45
	6	31	24:00	25:00	25:00	26:00	26:00	27:00	27:30	28:30	29:00	30:00
	5	30	24:15	25:15	25:15	26:15	26:15	27:15	27:45	28:45	29:15	30:15
	4	29	24:30	25:30	25:30	26:30	26:30	27:30	28:00	29:00	29:30	30:30
	3	28	24:45	25:45	25:45	26:45	26:45	27:45	28:15	29:15	29:45	30:45
	2	27	25:00	26:00	26:00	27:00	27:00	28:00	28:30	29:30	30:00	31:00
Fair	1	26	25:15	26:15	26:15	27:15	27:15	28:15	28:45	29:45	30:15	31:15
	0	25	25:30	26:30	26:30	27:30	27:30	28:30	29:00	30:00	30:30	31:30
		24	25:45	26:45	26:45	27:45	27:45	28:45	29:15	30:15	30:45	31:45
		23	26:00	27:00	27:00	28:00	28:00	29:00	29:30	30:30	31:00	32:00
		22	26:15	27:15	27:15	28:15	28:15	29:15	29:45	30:45	31:15	32:15
		21	26:30	27:30	27:30	28:30	28:30	29:30	30:00	31:00	31:30	32:30
		20	26:45	27:45	27:45	28:45	28:45	29:45	30:15	31:15	31:45	32:45
Poor	19		27:00	28:00	28:00	29:00	29:00	30:00	30:30	31:30	32:00	33:00
	18		27:15	28:15	28:15	29:15	29:15	30:15	30:45	31:45	32:15	33:15
	17		27:30	28:30	28:30	29:30	29:30	30:30	31:00	32:00	32:30	33:30
	16		27:45	28:45	28:45	29:45	29:45	30:45	31:15	32:15	32:45	33:45
	15		28:00	29:00	29:00	30:00	30:00	31:00	31:30	32:30	33:00	34:00
	14		28:15	29:15	29:15	30:15	30:15	31:15	31:45	32:45	33:15	34:15
	13		28:30	29:30	29:30	30:30	30:30	31:30	32:00	33:00	33:30	34:30
	12		28:45	29:45	29:45	30:45	30:45	31:45	32:15	33:15	33:45	34:45
	11		29:00	30:00	30:00	31:00	31:00	32:00	32:30	33:30	34:00	35:00
Very Poor	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	34:45	35:15	36:15
	5		30:30	31:30	31:30	32:30	32:30	33:30	34:00	35:00	35:30	36:30
	4		30:45	31:45	31:45	32:45	32:45	33:45	34:15	35:15	35:45	36:45
	3		31:00	32:00	32:00	33:00	33:00	34:00	34:30	35:30	36:00	37:00
	2		31:15	32:15	32:15	33:15	33:15	34:15	34:45	35:45	36:15	37:15
	1		31:30	32:30	32:30	33:30	33:30	34:30	35:00	36:00	36:30	37:30
	0		>31:30	>32:30	>32:30	>33:30	>33:30	>34:30	>35:00	>36:00	>36:30	>37:30

VI. COURSE CALENDAR

Week	Topic/Activity
1	Orientation/syllabus
2-3	<ol style="list-style-type: none">1. Musculoskeletal Warm-up Routines2. Aerobic Routines (varied)3. Intro to flexibility training
4	Body Mass Index (BMI) (date TBA) testing in the HLSS Department
5-8	Aerobic Routines (varied in intensity) and flexibility/strengthening exercises 2-mile running or speed walking Field Test (date to be announced) at least one week prior to timed testing.
9-12	<ol style="list-style-type: none">1. Aerobics Routines (increased/varied in intensity) and flexibility/strengthening exercises
14	<ol style="list-style-type: none">1. Aerobic Routines continue on <u>Tuesday</u>.2. *<u>Thursday</u>: Each student must turn in their Activity Log information and Summary sheet directly to Mrs. Dittus.3. Make up requirements must have prior approval from Mrs. Dittus, turned in directly to her the <u>week before finals</u>.4. Late work NOT accepted
15	Student is responsible for checking D2L recording and uploading of required information. Instructor will enter any swim/water activity for Fitbit® points. Student will have an opportunity to meet with instructor during regular class time should student need to discuss/verify their final grade.

Course Inventory for ORU Student Learning Outcomes
HPE 042—Creative Aerobics 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	