

Syllabus for
HPE 155—Health Fitness
1 Credit Hour
Spring 2019

I. COURSE DESCRIPTION

Designed to develop an understanding of, and personal appreciation for the relationship of, physical activity and fitness to health. Emphasizes the concept of health fitness through the conditioning of the cardiorespiratory system and the development of a healthy lifestyle. Includes consumer health information and a required weekly physical activity lab.

Prerequisites: GEN 150

Lab Fee: \$15.00.

II. COURSE GOALS

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

- A. Gain a basic understanding of the role of physical activity in life today.
- B. Develop a philosophy related to physical well-being on the basis of factual information through exposure to basic information from the areas of physical education, physiology, medicine, recreation, and safety.

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. Identify and describe the relationship between the concepts of physical activity, physical fitness, health fitness, and health.
 - 1. Describe the concept of sedentary diseases.
 - 2. Describe the cultural factors that have contributed to sedentary diseases.
 - 3. Describe the whole person concept.
 - 4. Define and describe the components of health fitness.
 - 5. Define and describe the components of performance fitness.
- B. Measure and determine his or her own level of health fitness.
 - 1. Take a variety of health fitness tests, which measure each component of physical fitness.
 - 2. Identify various tests of fitness and describe what component of fitness each measures.
 - 3. Relate the test results to one's personal level of fitness.
 - 4. List the risk factors related to heart disease and the preventive measures to lower the risk factors.
 - 5. Analyze his/her daily physical activity patterns.
- C. Prescribe a personalized fitness program for cardiorespiratory fitness.
 - 1. Define, describe, and apply the principle of overload, individuality, reversibility, and specificity to the development of the components of health fitness.
 - 2. Demonstrate various methods and exercises to develop the components of health fitness.
 - 3. Describe the concept of aerobics.

- D. Improve to or maintain fitness as a result of participating in the personalized fitness program.
 - 1. Pursue the goal established in the exercise prescription.
 - 2. Earn at least an average of 10,000 steps per day.
 - 3. Earn a good level of fitness on the cardiorespiratory Field Test.

IV. TEXTBOOKS AND OTHER LEARNING RESOURCES

A. Required Materials

- 1. Textbooks
 - Huber, F. (2016). *Essentials of physical activity* (6th ed. revised). Peosta, IA: Eddie Bowers. ISBN 978-1-57879-0982
- 2. Scantron (ORU campus bookstore).
- 3. Fitbit® wearable fitness device with PurePulse heart rate monitoring.

B. Optional Materials

- 1. Textbooks
 - None
- 2. Other
 - None

V. POLICIES AND PROCEDURES

A. University Policies and Procedures

- 1. Students taking a late exam because of an unauthorized absence are charged a late exam fee.
- 2. 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.

3. 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.
4. 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 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.

C. Course Policies and Procedures

1. Evaluation Procedures

a. Grading:	Points
(1) Knowledge as measured by tests	150
(2) Knowledge as measured by lab activities	130
(3) Physical activity as measured by Fitbit®	100
(4) Cardiorespiratory fitness as measured by 1.5 field test	40
(5) Upload Lifestyle Assessment Lab Artifact (WPA)	50
	Total 470

- b. Grading scale:
 - A = 470-423
 - B = 422-376
 - C = 375-329
 - D = 328-282
 - F = 281 and below
- 2. Whole Person Assessment Requirements
The penalty for not submitting electronically or for incorrectly submitting an WPA artifact is a zero for that assignment.
- 3. Incompletes
 - a. An Incomplete or Extension of an Incomplete is given only after the student establishes, with the instructor and the department chair by an online “Petition for Incomplete or Extension of Incomplete” form, that his or her work is incomplete for good cause (i.e., lengthy illness, death in the family). Petition for an Incomplete Grade with all supporting documentation must be submitted for approval at least one week prior to the last day this class meets.
 - b. It is the student’s responsibility to meet with the instructor and complete all course required work by the following semester.
- 4. D2L
 - a. Students should go to D2L to check their information during the course of the semester.
 - b. Student’s final grade percentage will be visible in their online site.
- 5. Other Course Policies and Procedures
If a student has a concern about using a Fitbit® the student should contact the activity instructor, Lora Conte, lconte@oru.edu, office hours are posted on her office door, for more information or about options for this part of the course.

VI. COURSE CALENDAR

Week	Lecture	Lab
1	Review syllabus	Lab 3-Warm-up/exercise/cool-down Appendix B Lab 5-Assessing CR fitness
2	Chapter 6— Starting an Exercise Program for Health Fitness	Lab 6-Exercise prescriptions
3	Chapter 3— The Cardiorespiratory System	Lab 7- Assessing flexibility
4	Chapter 4— Cardiovascular Disease Risk Factors and Aerobic Exercise	Lab 8-Aerobic interval training
5	EXAM 1 – Cover Chapters 3, 4, 6	Lab 9-Assessment of muscular endurance

Week	Lecture	Lab
6	Review Exam 1	Lab 10-Resistance training
7	Chapter 5— The Skeletal Muscular System and Strengthening Exercises	Lab 11-Circuit training
8	Chapter 7— Body Composition and Health Fitness Chapter 10— Managing Stress	Lab 12-2 mile jog/walk
9	Chapter 9— Basic Nutrition for Health Fitness	Lab 13-Reassessment of flexibility
10	EXAM 2 – Cover Chapters 5, 7, 9, 10	Lab 14- Reassessment of muscular endurance
11	Review Exam 2	Lab 15 – lifestyleSurvey.oru.edu HPE_lifestyle_survey.oru.edu
12	EXAM 3 – Comprehensive Cover Chapters, 3, 4, 5, 6, 7, 9, 10	Lab 16-Reassessment of CR fitness Field Test
13	Review Exam 3	Lab 16-Reassessment of CR fitness Field Test

Course Inventory for ORU's Student Learning Outcomes
HPE 155—Health Fitness
Spring 2019

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	