

Syllabus for
HPE 005—Fitness Club
1 Credit hour
Spring 2019

I. COURSE DESCRIPTION

Designed for students who have demonstrated a high level of health fitness and desire to improve or maintain their fitness through an individual fitness program of jogging, cycling, or swimming. Emphasis in this course is placed upon flexibility, strength, weight control, sound nutritional habits, and development of the student's cardiovascular system.

Prerequisites: GEN 150, HPE 001 or HPE 002, and HPE 003, or Grad Health Fitness 503.
Passed the Swim Proficiency test. Field test within "Good" standard of CR Fitness Level (C.5.a.)

II. COURSE GOALS

This course is designed to maintain an already high level of cardiorespiratory fitness as well as body composition, which has already been shown to be lean as measured by BMI. The course is designed to enable the student to maintain a high level of cardiorespiratory fitness, excellent body composition, and develop personalized health fitness program toward specific fitness goals.

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

- A. Discover the benefits of an aerobic lifestyle by successfully completing all the core requirements.
- B. Gain self-confidence and positive self-image as the student sees and feels physical improvements.
- C. Develop a weight training lifestyle by learning all the core requirements.

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. Complete two (2) field tests within "Excellent" standard of CR Fitness Level.
- B. Have body composition of less than 15% fat for men and 25% fat for women (age 24 and under).
- C. Perform over 50 aerobic points per week.
- D. Design an individual fitness program that exhibits a discipline lifestyle.

IV. TEXTBOOKS AND OTHER LEARNING RESOURCES

- A. Required Material
Fitbit® HR or ORU Aerobic Activity Log booklet
- B. 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 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. Incompletes

1. 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.
2. It is the student’s responsibility to meet with the instructor and complete all course required work by the following semester.

3. Fitbit®

Heart Rate Zones must be set at:

50 – 69% Fat Burn

70 – 85% Cardio

>85% Peak

An inaccurate birthdate or Heart Rate Zone set below the previous listed zones will cause all Fitbit® data to be invalid and zero points will be received for both the Heart Rate and Steps.

C. Course Policies and Procedures

1. Evaluations

- a. Grading percentages:

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

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

Aerobic Points 5%

(Aerobic points handed in every other week week using the ORU Aerobic Activity Log.)

Body Mass Index (BMI) 5%

Field Test 40%

(or)

(2) **Fitbit® Option = 50%**

Steps 10%

BMI 5%

Heart Rate/Active Minutes 15%

Field Test Participation 10%

Field Test 10%

- b. Activity/Class Participation 50%

Total 100%

2. Grading scale:
 - A = 90-100%
 - B = 80-89%
 - C = 70-79%
 - D = 60-69%
 - F = 59% and below
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. Instructor will discuss what items should be worn for the next classes activity.
 - b. Students not in proper class attire will not be allowed to participate and will counted as absent.
5. 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.
6. Other Course Policies and/or Procedures
 - a. Students currently over the maximum body composition standard (15% men/25% women) are encouraged to enroll in HPE 092—Exercise and Weight Control **and** drop this activity class immediately due to field test and body comp course requirements.
 - b. Athletic workout type clothing (including socks and athletic shoes in approved condition).
 - c. It is the student's responsibility to record, check, upload/access grade information/progress on D2L during the course of the semester.
 - d. Final grade information will be available on students D2L site at the end of the semester.
 - e. 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.
 - f. It is the student's responsibility to contact coaching instructor, Eric Hudgens, (email or in his office (Aerobic Center, HLSS #144) and pick up the course meeting calendar for dates, times and location for the two field tests and body composition test.
 - g. It is the student's responsibility to record, check, upload/access grade information/progress on D2L during the course of the semester.

7. Standards for Health Fitness Field Test and Body Composition
 a. Aerobic points (average weekly amount for 13 weeks)

<u>Level of Fitness</u>	<u>Points Toward Grade</u>	<u>Weekly Aerobic Points</u>
Excellent	20	50+
Very Good	19	47-49
	18	45-46
Good	17	42-44
	16	40-41
Above Average	15	37-39
	14	35-36
Average	13	32-34
	12	30-31
Below Average	0	0-29

b. Fitbit® STEPS and HEART RATE points

AVERAGE STEPS/DAY		AVERAGE ACTIVE MINUTES PER WEEK	
<u>STEPS/DAY</u>	POINTS EARNED	HEART RATE $\geq 70\%$ MHR	POINTS EARNED
$\geq 10,000$	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 50-69%	
		≥ 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	10	40	<13:00	<15:00	<14:00	<16:00	<15:00	<17:00	<16:00	<18:00	<17:00	<19:00
Excellent	9	39	13:00	15:00	14:00	16:00	15:00	17:00	16:00	18:00	17:00	19:00
	9	38	13:15	15:15	14:15	16:15	15:15	17:15	16:15	18:15	17:15	19:15
	9	37	13:30	15:30	14:30	16:30	15:30	17:30	16:30	18:30	17:30	19:30
	9	36	13:45	15:45	14:45	16:45	15:45	17:45	16:45	18:45	17:45	19:45
	8	35	14:00	16:00	15:00	17:00	16:00	18:00	17:00	19:00	18:00	20:00
Good	8	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
	8	32	14:45	16:45	15:45	17:45	16:45	18:45	17:45	19:45	18:45	20:45
	7	31	15:00	17:00	16:00	18:00	17:00	19:00	18:00	20:00	19:00	21:00
	7	30	15:15	17:15	16:15	18:15	17:15	19:15	18:15	20:15	19:15	21:15
	7	29	15:30	17:30	16:30	18:30	17:30	19:30	18:30	20:30	19:30	21:30
	7	28	15:45	17:45	16:45	18:45	17:45	19:45	18:45	20:45	19:45	21:45
	6	27	16:00	18:00	17:00	19:00	18:00	20:00	19:00	21:00	20:00	22:00
Fair	6	26	16:15	18:15	17:15	19:15	18:15	20:15	19:15	21:15	20:15	22:15
	6	25	16:30	18:30	17:30	19:30	18:30	20:30	19:30	21:30	20:30	22:30
	6	24	16:45	18:45	17:45	19:45	18:45	20:45	19:45	21:45	20:45	22:45
	5	23	17:00	19:00	18:00	20:00	19:00	21:00	20:00	22:00	21:00	23:00
	5	22	17:15	19:15	18:15	20:15	19:15	21:15	20:15	22:15	21:15	23:15
	5	21	17:30	19:30	18:30	20:30	19:30	21:30	20:30	22:30	21:30	23:30
	5	20	17:45	19:45	18:45	20:45	19:45	21:45	20:45	22:45	21:45	23:45
	4	19	18:00	20:00	19:00	21:00	20:00	22:00	21:00	23:00	22:00	24:00
Poor	4	18	18:15	20:15	19:15	21:15	20:15	22:15	21:15	23:15	22:15	24:15
	4	17	18:30	20:30	19:30	21:30	20:30	22:30	21:30	23:30	22:30	24:30
	4	16	18:45	20:45	19:45	21:45	20:45	22:45	21:45	23:45	22:45	24:45
	3	15	19:00	21:00	20:00	22:00	21:00	23:00	22:00	24:00	23:00	25:00
	3	14	19:15	21:15	20:15	22:15	21:15	23:15	22:15	24:15	23:15	25:15
	3	13	19:30	21:30	20:30	22:30	21:30	23:30	22:30	24:30	23:30	25:30
	3	12	19:45	21:45	20:45	22:45	21:45	23:45	22:45	24:45	23:45	25:45
	2	11	20:00	22:00	21:00	23:00	22:00	24:00	23:00	25:00	24:00	26:00
Very Poor	2	10	20:15	22:15	21:15	23:15	22:15	24:15	23:15	25:15	24:15	26:15
	2	9	20:30	22:30	21:30	23:30	22:30	24:30	23:30	25:30	24:30	26:30
	2	8	20:45	22:45	21:45	23:45	22:45	24:45	23:45	25:45	24:45	26:45
	1	7	21:00	23:00	22:00	24:00	23:00	25:00	24:00	26:00	25:00	27:00
	1	6	21:15	23:15	22:15	24:15	23:15	25:15	24:15	26:15	25:15	27:15
	1	5	21:30	23:30	22:30	24:30	23:30	25:30	24:30	26:30	25:30	27:30
	1	4	21:45	23:45	22:45	24:45	23:45	25:45	24:45	26:45	25:45	27:45
	0	3	22:00	24:00	23:00	25:00	24:00	26:00	25:00	27:00	26:00	28:00
	0	2	22:15	24:15	23:15	25:15	24:15	26:15	25:15	27:15	26:15	28:15
	0	1	22:30	24:30	23:30	25:30	24:30	26:30	25:30	27:30	26:30	28:30
	0	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	10	40	<22:00	<23:00	<23:00	<24:00	<24:00	<25:00	<25:30	<26:30	<27:00	<28:00
Excellent	9	39	22:00	23:00	23:00	24:00	24:00	25:00	25:30	26:30	27:00	28:00
	9	38	22:15	23:15	23:15	24:15	24:15	25:15	25:45	26:45	27:15	28:15
	9	37	22:30	23:30	23:30	24:30	24:30	25:30	26:00	27:00	27:30	28:30
	9	36	22:45	23:45	23:45	24:45	24:45	25:45	26:15	27:15	27:45	28:45
	8	35	23:00	24:00	24:00	25:00	25:00	26:00	26:30	27:30	28:00	29:00
Good	8	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
	8	32	23:45	24:45	24:45	25:45	25:45	26:45	27:15	28:15	28:45	29:45
	7	31	24:00	25:00	25:00	26:00	26:00	27:00	27:30	28:30	29:00	30:00
	7	30	24:15	25:15	25:15	26:15	26:15	27:15	27:45	28:45	29:15	30:15
	7	29	24:30	25:30	25:30	26:30	26:30	27:30	28:00	29:00	29:30	30:30
	7	28	24:45	25:45	25:45	26:45	26:45	27:45	28:15	29:15	29:45	30:45
	6	27	25:00	26:00	26:00	27:00	27:00	28:00	28:30	29:30	30:00	31:00
Fair	6	26	25:15	26:15	26:15	27:15	27:15	28:15	28:45	29:45	30:15	31:15
	6	25	25:30	26:30	26:30	27:30	27:30	28:30	29:00	30:00	30:30	31:30
	6	24	25:45	26:45	26:45	27:45	27:45	28:45	29:15	30:15	30:45	31:45
	5	23	26:00	27:00	27:00	28:00	28:00	29:00	29:30	30:30	31:00	32:00
	5	22	26:15	27:15	27:15	28:15	28:15	29:15	29:45	30:45	31:15	32:15
	5	21	26:30	27:30	27:30	28:30	28:30	29:30	30:00	31:00	31:30	32:30
	5	20	26:45	27:45	27:45	28:45	28:45	29:45	30:15	31:15	31:45	32:45
Poor	4	19	27:00	28:00	28:00	29:00	29:00	30:00	30:30	31:30	32:00	33:00
	4	18	27:15	28:15	28:15	29:15	29:15	30:15	30:45	31:45	32:15	33:15
	4	17	27:30	28:30	28:30	29:30	29:30	30:30	31:00	32:00	32:30	33:30
	4	16	27:45	28:45	28:45	29:45	29:45	30:45	31:15	32:15	32:45	33:45
	3	15	28:00	29:00	29:00	30:00	30:00	31:00	31:30	32:30	33:00	34:00
	3	14	28:15	29:15	29:15	30:15	30:15	31:15	31:45	32:45	33:15	34:15
	3	13	28:30	29:30	29:30	30:30	30:30	31:30	32:00	33:00	33:30	34:30
	3	12	28:45	29:45	29:45	30:45	30:45	31:45	32:15	33:15	33:45	34:45
	2	11	29:00	30:00	30:00	31:00	31:00	32:00	32:30	33:30	34:00	35:00
	Very Poor	2	10	29:15	30:15	30:15	31:15	31:15	32:15	32:45	33:45	34:15
2		9	29:30	30:30	30:30	31:30	31:30	32:30	33:00	34:00	34:30	35:30
2		8	29:45	30:45	30:45	31:45	31:45	32:45	33:15	34:15	34:45	35:45
1		7	30:00	31:00	31:00	32:00	32:00	33:00	33:30	34:30	35:00	36:00
1		6	30:15	31:15	31:15	32:15	32:15	33:15	33:45	34:45	35:15	36:15
1		5	30:30	31:30	31:30	32:30	32:30	33:30	34:00	35:00	35:30	36:30
1		4	30:45	31:45	31:45	32:45	32:45	33:45	34:15	35:15	35:45	36:45
0		3	31:00	32:00	32:00	33:00	33:00	34:00	34:30	35:30	36:00	37:00
0		2	31:15	32:15	32:15	33:15	33:15	34:15	34:45	35:45	36:15	37:15
0		1	31:30	32:30	32:30	33:30	33:30	34:30	35:00	36:00	36:30	37:30
0		0	>31:30	>32:30	>32:30	>33:30	>33:30	>34:30	>35:00	>36:00	>36:30	>37:30

d. Body Composition (Women add 10)

Level of Fitness	Points Toward Grade	Under 25	25-34	35-44	45-54	55+ AGE
Unhealthy	0	<5%	<5%	<5%	<6%	<7%
Athletic	20	5-10	5-10	5-10	6-11	7-12
Healthy	20	11-15	11-15	11-16	12-18	13-19
Acceptable	0	16-20	16-22	17-24	19-26	20-28
Unhealthy	0	>20	>22	>24	>26	>28

VI. COURSE CALENDAR

Specific class meeting dates and times will be announced during the first class meeting and also posted on instructor's bulletin board in the aerobic center.

This class meets two times per week and students are required to turn-in aerobic points directly to Coach Hudgen's office, HLSS #144 in aerobic center, every week.

<u>Week</u>	<u>Topic/Activity</u>
1	Orientation--go over syllabus, requirements, and meeting dates
2	BMI and/or percent fat by skin fold testing method Diet instruction, heart rate Aerobic and strength principles review
3	Weight training and flexibility principles review
4	Run <u>first</u> 2-mile field test during class
5 - 9	Develop and implement personal workouts
10	Run <u>second</u> 2-mile field test during class ePortfolio, 3B-2, for senior status (only) is due
11-14	Develop and implement personal workouts
15	Students should have gone into D2L and uploaded any required information. Students can meet with instructor at the Aerobic Center, HLSS Department, Room #144, concerning final grade information and to turn in aerobic points/summary sheet. Students can also go online (D2L) to check their grading information. Late work is not accepted.

Course Inventory for ORU's Student Learning Outcomes

Fitness Club—HPE 005 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
1	Outcome #1 – Spiritually Alive Proficiencies/Capacities				
1A	Biblical literacy				X
1B	Spiritual Formation			X	
2	Outcome #2 – Intellectually Alert Proficiencies/Capacities				
2A	Critical thinking, creativity, and aesthetics			X	
2B	Global & historical perspectives				X
2C	Information literacy				X
2D	Knowledge of the physical and natural world				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	Ethical reasoning and behavior			X	
4B	Intercultural knowledge and engagement			X	
4C	Written and Oral Communication				X
4D	Leadership capacity			X	