

Syllabus for
HPE 092—Exercise and Weight Control
1 Credit Hour
Spring 2019

I. COURSE DESCRIPTION

Designed for the student with a BMI greater than 29. This class uses various types of aerobic exercises along with weight training and nutrition analysis to help students achieve a healthy weight and lifestyle.

Prerequisites: GEN 150; 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 do the following:

- A. Study the causes that led to the over-fat condition epidemic.
- B. Develop a cardiorespiratory fitness program that will assist in obtaining a healthy body weight.
- C. Develop a weight training program that will assist in developing lean body mass.
- D. Develop a healthful nutrition program.
- E. Gain self-confidence and a positive self-image as physical improvements occur.

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 behaviors that contribute to an unhealthy body fat condition.
- B. Discuss the scriptural basis of health and fitness.
- C. Reduce body fat to a level that will help lead to total fitness.
- D. List foods that contribute to a healthy weight goal.
- E. Perform class aerobic activities within the correct HR training zone.
- F. Complete strength training and aerobics activities every class period.
- G. Improve cardiorespiratory fitness by lowering field test time.
- H. Be physically active by earning 10,000 steps/day and a minimum of 75 active minutes per week.

IV. TEXTBOOKS AND OTHER LEARNING RESOURCES

- A. Required Materials
Fitbit® HR or Mobile Tracker

- B. Optional Materials
 - Textbooks
 - 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. Students are 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 will result in one-half credit for participation points.** Arriving late causes disruption in the class flow and demonstrates a lack of respect to the instructor, fellow students, and the University.

2. 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.

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.
- b. Students not in proper class attire will not be allowed to participate and will be counted as absent.

5. Every class is assigned 20 participation points. Students are awarded points based **on completion of the physical activity assignments during class time.** If a student misses a class for any reason, the physical activity must be made up with the instructor within one week of the absence in order to receive the participation points for the absence. If a student is unable to complete the physical activity assigned for the class period, less than 20 points will be assigned. If a student does not make up the missed work in the class, the 20 participation points will not be given.

C. Course Policies and Procedures

1. Evaluations

- a. Grading percentages:

(1) **Health Fitness (Choose ONE of the two options ‘a’ or ‘b’.**

	(a)	Fitbit® Option = 50%	<u>POINTS</u>
		Steps (10,000/day, 70,000/week)	345
		Heart Rate/Active Minutes (75/week)	75
		BMI/Weight Measured (3 times)	30
		Weight Loss/Maintenance	30
		Field Test Participation (1.5 miles)	<u>120</u>
		at required HR	Total 600

OR

(b)	Fitbit®-Mobile Tracker Option= 50%	
	Steps Points (10,000/day, 70,000/week)	300
	BMI/Weight Measured (3 times)	30
	Weight Loss/Maintenance	30
	Field Test time for (1.5 miles)	<u>240</u>
	Grade based on field test time.	Total 600

CLASS PARTICIPATION/DIET RECALL (ALL STUDENTS)

(2)	Class Participation Points	480
	(24 classes x 20 pts)	
	Diet/Activity Recall (3)	60
	(3 weeks x 20 pts)	
	TOTAL POINTS IN CLASS	1140

- 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. Incompletes

- a. An Incomplete or Extension of an Incomplete is given only after the student establishes, with the instructor and the department chair with an online "Petition for Incomplete or Extension of Incomplete" form, that his or her work is incomplete for good cause (i.e., lengthy illness, injury, death in the family). To receive an Incomplete Grade 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. **Steps and Cardio-minutes should be checked weekly.**
- b. Student's final grade percentage will be visible in their online site.

5. Other Course Policies and/or Procedures

- a. Only for students with BMI's greater than 29.
- b. BMI will be measured during the first class meeting of the semester (by the instructor) using an AE ADAM electronic scale.
- c. Any student with a BMI under 29 must drop the class and student must enroll into another activity class immediately.
- d. Weight will be taken 3 times during the semester by the instructor using an AE ADAM electronic scale. Students can check their weight at any time using the AE ADAM electronic scale located in the main hallway next to AC #140.

- e. Students may select from the Fitbit® HR or the Fitbit Mobile Tracker options for recording fitness data.
- f. Student is responsible to check and record into D2L during the course of the semester, if required by instructor.

Health Fitness Standard Chart

1.5-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	240 100%	<16:30	<17:30	<17:30	<18:30	<18:30	<19:30	<19:30	<20:30	<20:30	<21:30
Excellent	235 98%	16:30	17:30	17:30	18:30	18:30	19:30	19:30	20:30	20:30	21:30
	228 95%	17:00	18:00	18:00	19:00	19:00	20:00	20:00	21:00	21:00	22:00
	216 90%	17:30	18:30	18:30	19:30	19:30	20:30	20:30	21:30	21:30	22:30
Good	204 85%	18:00	19:00	19:00	20:00	20:00	21:00	21:00	22:00	22:00	23:00
	192 80%	18:30	19:30	19:30	20:30	20:30	21:30	21:30	22:30	22:30	23:30
	180 75%	19:00	20:00	20:00	21:00	21:00	22:00	22:00	23:00	23:00	24:00
Fair	168 70%	19:30	20:30	20:30	21:30	21:30	22:30	22:30	23:30	23:30	24:30
	156 65%	20:00	21:00	21:00	22:00	22:00	23:00	23:00	24:00	24:00	25:00
	144 60%	20:30	21:30	21:30	22:30	22:30	23:30	23:30	24:30	24:30	25:30
	132 55%	21:00	22:00	22:00	23:00	23:00	24:00	24:00	25:00	25:00	26:00
Poor	120 50%	21:30	22:30	22:30	23:30	23:30	24:30	24:30	25:30	25:30	26:30
	108 45%	22:00	23:00	23:00	24:00	24:00	25:00	25:00	26:00	26:00	27:00
	96 40%	22:30	23:00	23:30	24:30	24:30	25:30	25:30	26:30	26:30	27:30
	84 35%	23:00	24:00	24:00	25:00	25:00	26:00	26:00	27:00	27:00	28:00
Very Poor	72 30%	>23:00	>24:00	>24:00	>25:00	>25:00	>26:00	>26:00	>27:00	>27:00	>28:00

1.5-MILE RUN, 3.5-MILE CYCLE, & 550-METER SWIM FIELD TEST STANDARDS

Level of CR Fitness	Points/%	Under 25		25 – 34		35 – 44		45 – 54		55 & Over	
		Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
Superior	240 100%	<9:00	<11:00	<10:00	<12:00	<11:00	<13:00	<12:00	<14:00	<13:00	<15:00
Excellent	235 98%	9:00	11:00	10:00	12:00	11:00	13:00	12:00	14:00	13:00	15:00
	228 95%	9:30	11:30	10:30	12:30	11:30	13:30	12:30	14:30	13:30	15:30
	216 90%	10:00	12:00	11:00	13:00	12:00	14:00	13:00	15:00	14:00	16:00
Good	204 85%	10:30	12:30	11:30	13:30	12:30	14:30	13:30	15:30	14:30	16:30
	192 80%	11:00	13:00	12:00	14:00	13:00	15:00	14:00	16:00	15:00	17:00
	180 75%	11:30	13:30	12:30	14:30	13:30	15:30	14:30	16:30	15:30	17:30
Fair	168 70%	12:00	14:00	13:00	15:00	14:00	16:00	15:00	17:00	16:00	18:00
	156 65%	12:30	14:30	13:30	15:30	14:30	16:30	15:30	17:30	16:30	18:30
	144 60%	13:00	15:00	14:00	16:00	15:00	17:00	16:00	18:00	17:00	19:00
	132 55%	13:30	15:30	14:30	16:30	15:30	17:30	16:30	18:30	17:30	19:30
Poor	120 50%	14:00	16:00	15:00	17:00	16:00	18:00	17:00	19:00	18:00	20:00
	108 45%	14:30	16:30	15:30	17:30	16:30	18:30	17:30	19:30	18:30	20:30
	96 40%	15:00	17:00	16:00	18:00	17:00	19:00	18:00	20:00	19:00	21:00
	84 35%	15:30	17:30	16:30	18:30	17:30	19:30	18:30	20:30	19:30	21:30
Very Poor	72 30%	>15:30	>17:30	>16:30	>18:30	>17:30	>19:30	>18:30	>20:30	>19:30	>21:30

VI. COURSE CALENDAR

Week	Topic/Activity
1	Orientation and syllabus review Instructor will check BMI, body weight, and height. Any student with a BMI less than 29 will be required to drop this course immediately and enroll into another activity class.
2-4	Explanation of strength training programs and heart-rate prescription Field Test
5	Strength training explained and aerobic exercise
6-13	30-minute aerobic workout and 20-minute weight training
14	Student’s responsibility to go on their online and check uploaded information (i.e. Fitbit®).
15	Student can meet directly with instructor during class time to discuss final grade information or go into D2L to view information. Due: Workout log must be completed with all data totaled and averaged

Course Inventory for ORU's Student Learning Outcomes

Exercise and Weight Control—HPE 092 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	

(Revised 9/1/18)