

Syllabus for
HPE 101—Fitness for Life I
1 Credit Hour
Spring 2021

I. COURSE DESCRIPTION

Designed to provide the student the opportunity to continue developing, implementing, and monitoring a personal fitness program. Textbook assignments are included to build on the fitness knowledge base and thus to make the core requirements more meaningful.

Prerequisites: GEN 150, HPE 155 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. Understand that success in achieving optimal fitness and self-confidence depends on self-discipline and determination in a regular pattern of exercise.
- B. Develop and implement a personal fitness program.
- C. Understand how physical fitness contributes to the development of the whole person.

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. Show evidence of an aerobic lifestyle by successfully completing all of the health fitness components of this course.
- B. Understand fitness and wellness components and how they function to achieve an optimal state of wellness.
- C. Explain the scriptural basis of health and wellness.
- D. Describe how a regularly scheduled aerobic activity is beneficial and how that fits into a personal philosophy of life.
- E. Explain all of the aspects of fitness and how to incorporate them into a lifestyle including cardiorespiratory endurance, muscular strength and endurance, flexibility and body composition, as well as how stress management relates to health.
- F. Complete lab assessment of health-related fitness components.

IV. TEXTBOOKS AND OTHER LEARNING RESOURCES

A. Required Materials

1. Textbooks
Powers, S., Dodd, S. (2020). *Total fitness and wellness, modified mastering edition*, (8th ed.). New York, NY: Pearson Education. Pearson, Powers and Dodd (2020). ISBN 13:978013664541.
Modified mastering standalone. ISBN 9890135213315.
2. Other
Fitbit® wearable PurePulse HR fitness heart rate monitor or ORU Aerobic Activity logbook.

B. Optional Materials

1. Bible
2. Other
None

V. POLICIES AND PROCEDURES

A. University Policies and Procedures

1. 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.
2. 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.
3. 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.

4. The penalty for not submitting electronically or for incorrectly submitting an artifact is a zero for that assignment.
 5. 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. Excessive absences can reduce a student's grade or deny credit for the course. **Illness and injuries are not considered excused absences.**
 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. Fitbit®
Heart Rate Zones must be set:
 - a. Go to **fitness.oru.edu** and release permission for ORU to download your steps and heart rate information.
 - b. Go to your Fitbit® app and make sure the heart rate zones will automatically set.
 - c. Do not custom your heart rate zones.
 - d. 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.
 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 counted as absent.
 5. Other
This course may only be taken once for credit. If taken more than once, this course will not count toward ORU/HPE activity requirements for graduation.
- C. Course Policies and/or Procedures
1. Course Attendance
 - a. **Students are expected to attend the first instructional/orientation meeting in the Aerobics Center** in the room designated on Vision, course schedule, course notes as well as complete the BMI.
 - b. Student is to participate in all class activities unless administratively excused. Only administrative excuses on the proper form are accepted. **Illness and injuries are not considered excused absences.**
 - c. Students using Fitbit® are responsible for inputting information into D2L and checking, upload during the course of the semester.
 - d. Students can meet with Professor Mankin to discuss final grade.
 - e. Instructor Contact Information
 - (1) Office hours and office phone are posted on instructor door (Aerobic Center, HLSS, Room 160) located in the HLSS Department located inside of the aerobic center.
 - (2) Office hours given on instructor's office phone or on office door.

- (3) It is suggested each student put instructor's office hours and office phone number into their personal cell phone.
 - (4) Contact can also be made through the email address of nmankin@oru.edu.
2. Course Assignments
- b. All six assignments and aerobic points or Fitbit® due according to course calendar weeks and are to be turned in on the D2L dropbox.
 - c. Late work on each written assignment is accepted up to one week late with a 20% deduction in points.
6. 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, 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 before Final's Week begins.
 - b. It is the student's responsibility to meet with the instructor and (if approved) complete all course required work by the following semester.
7. 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.
8. Course Policies and Procedures
- 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 uploaded into the dropbox every other week using only the ORU Aerobic Activity Log.)	
Body Mass Index (BMI)	5%
Field Test	<u>40%</u>
(or)	
Steps	10%
Heart Rate/Active Minutes	15%
BMI	5%
Field Test Participation	10%
Field Test	<u>10%</u>
 - (2) Written Exam 20%
 - (3) Completion of Assignments 1-6 30%

Total 100%
 - b. Grading scale:
 - A = 90-100%
 - B = 80-89%
 - C = 70-79%
 - D = 60-69%
 - F = 59% and below

9. Whole Person Assessment Requirements
None

10. 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>	<u>POINTS EARNED</u>	<u>HEART RATE ≥70% MHR</u>	<u>POINTS EARNED</u>
≥ 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
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
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	35:15
	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

VI. COURSE CALENDAR

First mandatory orientation meeting is posted on VISION: go to class schedule; then go to class notes. All assignments, aerobic points or Fitbit® are to be turned in on the D2L dropbox.

Week Topic/Activity

- 1 First meeting to go over course requirements, assignments/due dates handout, and BMI.
- 2 Assignment 1 and aerobic points for week #1
- 3 Assignment 2 and aerobic points for week #2
- 4 Assignment 3 and aerobic points for week #3
- 5 Assignment 4 and aerobic points for week #4
- 6 Assignment 5 and aerobic points for week #5
- 7 Chapters 1-6.
Assignment 6 and aerobic points for week #6
- 8 Written exam, Chapters 1-6. **Field test.**
Aerobic points due for week #7
- 9 Aerobic points due for week #8
- 10 Aerobic points due for week #9
- 11 Aerobic points due for week #10
- 12 Aerobic points due for week #11
- 13 Aerobic points due for week #12
- 14 Aerobic points due for week #13
- 15 Late work not accepted.

Professor Mankin available to discuss final grade. Office hour(s) and email address are posted on her office door in the HLSS Department/Aerobic Center #160.

Students can access their D2L and check their information (i.e. Fitbit®)/progress.

Course Inventory for ORU's Student Learning Outcomes
HPE 101—Fitness for Life I
Spring 2021

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 9/1/17)