



Course Syllabus

GHPE 503/703 – Graduate Health Fitness

1 Credit hour

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, cardiorespiratory system, nutrition and body composition, musculoskeletal fitness, and stress management. Includes consumer health information and a required weekly physical activity lab.

Prerequisites: Graduate standing and submission of Medical assessment form

II. ACADEMIC MISSION

Oral Roberts University's academic mission is to transform students by the power of the Holy Spirit into whole, competent servant-leaders through liberal arts and professional education that is fully Christian. Within a Spirit-filled healing community, administration, faculty, and staff love and serve students by helping them grow in knowledge, skills, wisdom, character, and spirit.

Student transformation is measured through the evaluation of student expression of University learning outcomes as demonstrated through accompanying proficiencies and capacities.

<i>Spiritually alive</i>	Biblical Literacy; Spiritual Formation.
<i>Intellectually alert</i>	Critical thinking, Creativity, and Aesthetic Appreciation; Global and Historical Perspectives; Information Literacy; Knowledge of the Physical and Natural World
<i>Physically disciplined</i>	Healthy Lifestyle; Physically Disciplined Lifestyle
<i>Socially adept</i>	Ethical Reasoning and Behavior; Intercultural Knowledge and Engagement; Written and Oral Communication; Leadership Capacity.
<i>Professionally competent</i>	Discipline-specific proficiencies listed under Program Outcomes.

The last page of this syllabus, "COURSE INVENTORY for ORU's Course Objectives," indicates how this course supports ORU's academic mission and ORU's whole-person approach to learning outcomes.

III. COURSE GOALS

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

- A. Understand a basic orientation of the value of lifestyle for health in the areas of physical education, health, physiology, medicine, recreation, and safety.

B. Develop a philosophy related to his or her physical well-being on the basis of factual information. C. Realize the maximum benefits from the program of regular health and physical education at Oral Roberts University

IV. COURSE OBJECTIVES

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, motor ability, health fitness, and health.
 - 1. Describe the concept of hypokinetic diseases and cultural factors that have contributed to it.
 - 2. Describe the whole person concept.
 - 3. Define and describe the components of health fitness.
- B. Measure and determine his or her own level of health fitness and physical activity level.
 - 1. Perform fitness tests to determine physical fitness.
 - 2. Identify various tests of fitness and describe what component of fitness each measures.
 - 3. List the risk factors related to heart disease and the preventive measures to lower the risk factors.
 - 4. Analyze one's daily physical activity patterns.
- C. Prescribe a personalized fitness program for each of the components of health fitness.
 - 1. Define, describe, and apply the concept of the overload 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.
 - 4. Describe the role of diet and nutrition in a fitness program.
 - 5. Select a personal goal to guide participation in student's fitness program and explain.
- D. Improve or maintain his or her own fitness as a result of participating in the personalized fitness program.
 - 1. Pursue the goal that he or she established in the exercise prescription.
 - 2. Keep a log of his or her program and progress.
 - 3. Earn at least an average of 30 aerobic points per week, earn a "good" level of fitness for the Field Test and have a "healthy" level of fitness for body composition

V. TEXTBOOK AND OTHER LEARNING RESOURCES

Before you purchase your required textbook(s), click on the ORU Bookstore link to verify whether digital texts are provided as part of your Follett ACCESS course fee. <http://www.bkstr.com/oralrobertsstore/home>

Required Materials

Textbook:

Huber, F. (2016). *Essentials of Physical Activity* (6th ed.). Peosta, IA: Eddie Bowers. [Print ISBN: 9781975047283]

Other required materials:

None

Optional Materials:

Textbooks:

None

Other:

FitBit Charge HR (wearable fitness tracker device).

VI. POLICIES AND PROCEDURES

A. University Policies and Procedures

- 1. Plagiarism:** The ORU Catalog explicitly addresses the issue of plagiarism. Make sure you know [ORU's policy on plagiarism](#) and [what is considered plagiarism](#).
- 2. Privacy:** By law, students are entitled to privacy regarding their records. The Family Educational Rights and Privacy Act of 1974 (FERPA), as amended and available in the [ORU University Catalog](#), sets forth requirements designed to protect the privacy of student education records. The law governs access to records maintained by educational institutions and the release of information from those records.
- 3. Whole Person Assessment Requirements:**
 - a. Worldview Analysis Paper
 - b. Artifacts not submitted electronically or incorrectly submitted receive a zero for that assignment.

B. School and/or Department Policies and Procedures

1. Class Assignments

- a. Students need to have the appropriate textbooks, course materials, and other supplies as designated by the professor.
- b. Professors may refuse to accept an assignment if it has inappropriate content, does not meet the assignment's criteria (e.g., not typed, incorrectly documented), is incomplete, is suspected of plagiarism, or is turned in too late.

2. Late Work

- a. The student is responsible for obtaining class assignments and materials, and all work is expected to be completed as scheduled. The professor may not accept late work, or it may result in a lower grade. Computer or Internet malfunctions do not constitute an excuse for late work; students should have their work prepared in time to ensure that they can get it completed, edited, and proofread prior to the instructor's due date. These responsibilities assist the student in professional development.
- b. Generally, assignments missed from a serious sickness or family crises can be made up and the instructor should be notified as soon as possible to reach an agreement on due dates and possible penalties. Each instructor has his or her own late-work policy. Instructors use their own judgment in accepting late work.

3. Incompletes

On rare occasions, the grade of "I" may be given for work that is incomplete at the time grades are given. It is given only after the instructor and the department chair or college dean approve a petition submitted by the student that his or her work is incomplete for good cause. Good cause typically consists of a catastrophic event in which the student is prevented from completing the course requirements. It is the responsibility of the student to initiate the petition through <http://petitions.oru.edu>, make up any incomplete work, and ask the instructor to submit a grade change to the registrar. If the work is not completed by the end of the subsequent session, the incomplete will automatically convert to an "F." For graduating seniors, the degree will be awarded in the term that the student completes his or her course work, not the final term of enrollment.

4. Citations

Textbook(s) and materials for the course are listed using standard [citation style](#) (APA, MLA, Chicago, Turabian, etc.). Since other styles may be used in disciplines other than the one used in this course or school, the [ORU Citing and Documenting Sources](#) pages offer a collection of styles students may choose from. This course asks that students be consistent in whatever style they use throughout the course.

C. Online Programs Policies and Procedures

- 1. Communicating with your Instructor:** All email communication between students and faculty will be through their ORU.edu emails.
- 2. Learning Community:** Online learning community is established through active participation in the threaded weekly discussions. The mutual exchange of ideas, information, and experiences is an essential part of the learning process, and students are encouraged to use the discussion forum as virtual classroom platform.

3. ADA and Students with Disabilities:

- Click here (<http://www.brightspace.com/about/accessibility/>) to view Desire2Learn's "Accessibility Resources for Students with Disabilities."
- Students requiring Disability Services from ORU, please click here: <https://goo.gl/QGoK4x>
- Desire2Learn (D2L) Accessibility Guidelines and Checklist: <https://goo.gl/Ck4RwY>
- D2L Accessibility Policy: <https://www.d2l.com/accessibility/>

4. Useful Links for Online Students:

- [Student Learning Glossary](#)
- Library: <http://library.oru.edu>.
- D2L Helpdesk: d2lhelp@oru.edu
- I.T. Student Helpdesk: studenthelpdesk@oru.edu
- [Netiquette and Online Discussions](https://goo.gl/f744AY): <https://goo.gl/f744AY>
- Contact the University: please [fill out this online form](#). Please first contact your instructor for assistance with any matter specific to the course.

D. Course Policies and Procedures

1. **Evaluation Procedures:** The final grade will be based on forum discussions, projects, and a final exam. The weight of each item is included in the Course Calendar. Extra credit items are not offered in this course

Grade Weight	Category
250	Chapter Quizzes
<u>70</u>	Labs & Lab Quizzes
320	

Grading Scale:

A=320-288 points; B=287-256 points; C=255-224 points; D=223-192 points; F=191-0 points

2. **Other Policies and/or Procedures**

Must have Medical Assessment record on file in the Student Health office before taking this course.

VII. COURSE CALENDAR

The Course Calendar shows the specific learning activities and assessments for this course. Further descriptions for activities and assessments are in their respective weeks in D2L. When applicable, ¶ Indicates this is a Whole Person Assessment item. † indicates this is a faith integration item tracked by the program.

Week 1	Chapters 1 & 6 and Lab 1
Week 2	Chapters 2 & 3 and Lab 2
Week 3	Chapter 4 and Lab 3
Week 4	Chapter 9 and Lab 4
Week 5	Chapter 5 and Lab 5
Week 6	Chapters 7 & 10 and Lab 6
Week 7	Chapter 8 and Lab 7

VIII. COURSE INVENTORY

For ORU's Course Objectives

GHPE 503/703 – Graduate Health Fitness

This course contributes to the ORU course objectives 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.

ORU defines each outcome and proficiencies/capacities listed below in this [Gen Ed Outcomes paper](#).

OUTCOMES & Proficiencies/Capacities		Significant Contribution	Moderate Contribution	Minimal Contribution	No Contribution
1	Outcome #1 – Spiritually Alive				
1A	Biblical knowledge				X
1B	Sensitivity to the Holy Spirit			X	
1C	Evangelistic capability			X	
1D	Ethical Behavior			X	
2	Outcome #2 – Intellectually Alert				
2A	Critical thinking				X
2B	Analytical Problem Solving				X
2C	Global & historical perspectives				X
2D	Aesthetic appreciation				X
2E	Intellectual creativity				X
2F	Information literacy				X
3	Outcome #3 – Physically Disciplined				
3A	Healthy lifestyle	X			
3B	Physically disciplined lifestyle	X			
4	Outcome #4 – Socially Adept				
4A	Communication skills			X	
4B	Interpersonal skills			X	
4C	Appreciation of cultural & linguistic differences			X	
4D	Responsible citizenship			X	
4E	Leadership capacity			X	

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This syllabus is subject to change without notice up until the first day of the semester.

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