

Syllabus for
HPE 400—Lifelong Wellness
1 Credit Hour
Spring 2022

I. COURSE DESCRIPTION

Designed to reinforce an understanding of, and personal appreciation for, the relationship of physical activity and fitness to health. This course will empower students who are completing their academic degrees by preparing them to seek fitness throughout their lives. Emphasizes the concept of health fitness, cardiorespiratory system, nutrition and body composition, musculoskeletal fitness, and stress management. Prerequisites: Completion of Health Fitness courses and senior class status.

II. STUDENT LEARNING OUTCOMES FOR THIS COURSE

As a result of successfully completing this course, the student will be able to do the following:

- A. Realize the positive contributions from the programs for health and physical education at Oral Roberts University and to prepare for a lifetime of fitness.
- B. Identify and describe the relationship between the concepts of physical activity, physical fitness, motor ability, 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 needed throughout one's lifespan.
- C. Measure and determine his or her own level of health fitness and physical activity level.
 - 1. Perform physical labs and make assessments of one's personal level of 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.
 - 5. Develop the skill of designing a personal fitness plan that can be executed throughout the stages of life.
- D. 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.
- E. 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 10,000 steps per day while engaging in cardio/peak exercise for 100 minutes weekly and at least 50 minutes within the fat burn zone.

III. ASSOCIATED PROGRAMS

This course meets degree completion requirements for general education.

IV. UNIVERSITY OUTCOMES

This course aligns with the following University Outcomes as indicated on the last page.

1. Spiritual Integrity
2. Personal Resilience
3. Intellectual Pursuit
4. Global Engagement
5. Bold Vision

V. TEXTBOOKS AND OTHER LEARNING RESOURCES

A. Materials

1. Textbook
Prentice, William E. (2016). Get Fit, Stay Fit (7th ed.). Philadelphia, PA: F.A. Davis Company.
2. Fitbit® HR PurePulse wearable fitness monitor.

VI. POLICIES AND PROCEDURES

A. Department Policies and Procedures

1. 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.
2. 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.

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. Class Participation (D2L)
Student is expected to participate in all class activities on a weekly basis.

Assignments are due by midnight each Thursday. Late assignments receive partial credit unless administratively-excused due to an ORU ministry. The student will be required to submit an administrative excuse to the instructor for approval to submit any late assignment for full credit.

B. Course Policies and Procedures

1. Evaluation Procedures

a. Grading points:

Points

(1)	Knowledge as measured by 3 quizzes	60
(2)	Field Test	10
(3)	Body Mass Index (BMI)	5
(4)	Physical activity as measured by Fitbit® steps	10
(5)	Physical activity as measured by Fitbit® heart rate	<u>15</u>

Total possible points =100

b. Grading scale:

70-100% = Passing

0-69% = Failing

*This course is a pass/fail only course.

2. Whole Person Assessment Requirements

None

3. Health and Fitness Standard Charts
 - a. 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

b. 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	<13:00	<15:00	<14:00	<16:00	<15:00	<17:00	<16:00	<18:00	<17:00	<19:00
Excellent	9	13:00	15:00	14:00	16:00	15:00	17:00	16:00	18:00	17:00	19:00
	8	14:00	16:00	15:00	17:00	16:00	18:00	17:00	19:00	18:00	20:00
Good	7	15:00	17:00	16:00	18:00	17:00	19:00	18:00	20:00	19:00	21:00
	6	16:00	18:00	17:00	19:00	18:00	20:00	19:00	21:00	20:00	22:00
Fair	5	17:00	19:00	18:00	20:00	19:00	21:00	20:00	22:00	21:00	23:00
	4	18:00	20:00	19:00	21:00	20:00	22:00	21:00	23:00	22:00	24:00
Poor	3	19:00	21:00	20:00	22:00	21:00	23:00	22:00	24:00	23:00	25:00
	2	20:00	22:00	21:00	23:00	22:00	24:00	23:00	25:00	24:00	26:00
Very Poor	1	21:00	23:00	22:00	24:00	23:00	25:00	24:00	26:00	25:00	27:00
	0	22:00	24:00	23:00	25:00	24:00	26:00	25:00	27:00	26:00	28:00

2-MI

LE 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	<22:00	<23:00	<23:00	<24:00	<24:00	<25:00	<25:30	<26:30	<27:00	<28:00
Excellent	9	22:00	23:00	23:00	24:00	24:00	25:00	25:30	26:30	27:00	28:00
	8	23:00	24:00	24:00	25:00	25:00	26:00	26:30	27:30	28:00	29:00
Good	7	24:00	25:00	25:00	26:00	26:00	27:00	27:30	28:30	29:00	30:00
	6	25:00	26:00	26:00	27:00	27:00	28:00	28:30	29:30	30:00	31:00
Fair	5	26:00	27:00	27:00	28:00	28:00	29:00	29:30	30:30	31:00	32:00
Poor	4	27:00	28:00	28:00	29:00	29:00	30:00	30:30	31:30	32:00	33:00
	3	28:00	29:00	29:00	30:00	30:00	31:00	31:30	32:30	33:00	34:00
	2	29:00	30:00	30:00	31:00	31:00	32:00	32:30	33:30	34:00	35:00
Very Poor	1	30:00	31:00	31:00	32:00	32:00	33:00	33:30	34:30	35:00	36:00
	0	31:00	32:00	32:00	33:00	33:00	34:00	34:30	36:30	36:00	37:00

VI. COURSE CALENDAR

Week	Topic
1	Click on the “Content” page and read all of the course procedures/requirements
2	Secure a working Fitbit® with PurePulse (Any Fitbit® that tracks <u>BOTH</u> steps and heart rate) and enroll Fitbit® @ https://fitness.oru.edu (See pg. 3)
3	Read Chapter 1 – Complete Lab 1 Activities (Fitbit® begins)
4	Read Chapter 2 – Complete Lab 2 Activities
5	Read Chapter 3 – Complete Lab 3 Activities and Quiz #1
6	Read Chapter 4 – Complete Lab 4 and Submit Body Mass Index to D2L Dropbox
7	Read Chapter 5 – Complete Lab 5 and Submit Field Test Time to D2L Dropbox
8	Read Chapter 6 – Complete Lab 6 Activities and Quiz #2
9	Read Chapter 7 – Complete Lab 7 Activities
10	Read Chapter 8 – Complete Lab 8 Activities
11	Read Chapter 9 – Complete Lab 9 Activities
12	Read Chapter 10 – Complete Lab 10 Activities and Quiz #3
13	Fitbit® Data Collection ends one week before Finals on Sunday

Course Inventory for ORU's Student Learning Outcomes

HPE 400—Lifelong Wellness Spring 2022

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.

OUTCOMES	Significant Contribution	Moderate Contribution	Minimal Contribution
Spiritual Integrity			
HPE 400 Outcome A: Realize the positive contributions from the programs for health and physical education at Oral Roberts University and to prepare for a lifetime of fitness.		X	
Personal Resilience			
HPE 400 Outcome E: Improve or maintain his or her own fitness as a result of participating in the personalized fitness program.	X		
Intellectual Pursuit			
HPE 400 Outcome C: Measure and determine his or her own level of health fitness and physical activity level.	X		
Global Engagement			
HPE 400 Outcome B: Identify and describe the relationship between the concepts of physical activity, physical fitness, motor ability, health fitness, and health.	X		
Bold Vision			
HPE 400 Outcome D: Prescribe a personalized fitness program for each of the components of health fitness.		X	

(Revised 12/16/21)