

Syllabus for
HPE 155—Health Fitness
1 Credit Hour
Spring 2023

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 through the conditioning of the cardiorespiratory system and the development of a healthy lifestyle. Includes consumer health information and a required weekly physical activity lab.

Prerequisites: GEN 150

Lab Fee: \$15.00.

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. Identify the concepts of physical activity and health fitness by demonstrating improvement on a knowledge-based, pre- to post test score.
- B. Identify the working of the Holy Spirit in one's healthy lifestyle choices by demonstrating improvement in responses from a pre- to post test.
- C. Measure and determine his or her own level of health fitness through the completion of weekly lab assignments.
- D. Earn at least 10,000 steps per day and 150 active minutes weekly as measured by Fitbit®.
- E. Earn a level of cardiorespiratory fitness on the 1.5 mile Field Test as measured by the National Field Test Standards.

III. 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

IV. TEXTBOOKS AND OTHER LEARNING RESOURCES

A. Required Materials

- 1. Textbooks
Huber, F. (2016). *Essentials of physical activity* (6th ed. revised). Peosta, IA: Eddie Bowers. ISBN 978-1-57879-0982
- 2. Scantron (ORU campus bookstore).
- 3. Fitbit® fitness tracker with PurePulse heart rate monitoring.

V. POLICIES AND PROCEDURES

A. 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

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.

B. Course Policies and Procedures

1. Evaluation Procedures

- a. Grading:

	Points
(1) Knowledge as measured by tests	150
(2) Knowledge as measured by lab activities	160
(3) Physical activity as measured by Fitbit®	100
(4) Cardiorespiratory fitness as measured by 1.5 field test	40
(5) Upload Lifestyle Assessment Lab Artifact (WPA)	50
	Total 500
- b. Grading scale:
 - A = 500-450
 - B = 449-400
 - C = 399-350
 - D = 349-300
 - F = 299 and below

2. Whole Person Assessment Requirements

The penalty for not submitting electronically or for incorrectly submitting an WPA artifact is a zero for that assignment.

3. **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.
4. **D2L**
Students should go to D2L to check their information during the course of the semester (ongoing grade percentage will be visible on website).

VI. COURSE CALENDAR

Week	Lecture	Lab
1	Syllabus Overview	Pre-Quiz
2	Chapter 6— Starting an Exercise Program for Health Fitness	Assessing CR fitness
3	Chapter 3— The Cardiorespiratory System	Exercise prescriptions
4	Chapter 4— Cardiovascular Disease Risk Factors and Aerobic Exercise	Assessing flexibility
5	EXAM 1	Aerobic interval training
6	Review Exam 1 Results	Assessment of muscular endurance
7	Chapter 5— The Skeletal Muscular System and Strengthening Exercises	Resistance training
8	Chapter 10— Managing Stress	Circuit training
9	EXAM 2	2-mile jog/walk
10	Review Exam 2 Results	Reassessment of flexibility

11	Chapter 9— Basic Nutrition for Health Fitness	Reassessment of muscular endurance
12	Chapter 7— Body Composition and Health Fitness	Reassessment of Lifestyle
13	EXAM 3	Post-Quiz
14	Review Exam 3 Results	Field Test

Final grade can be viewed in student's ORU d2l site.

Course Inventory for ORU's Student Learning Outcomes

HPE 155 — Health Fitness

Spring 2023

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.

The Student Learning Glossary at <http://ir.oru.edu/doc/glossary.pdf> defines each outcome and each of the proficiencies/capacities.

OUTCOMES	Significant Contribution	Moderate Contribution	Minimal Contribution
Spiritual Integrity			
HPE 155 B. Identify the working of the Holy Spirit in one's healthy lifestyle choices by demonstrating improvement on a knowledge-based pre- to post test score.			X
Personal Resilience			
HPE 155 C. Measure and determine his or her own level of health fitness through the completion of weekly scheduled lab assignments.		X	
HPE 155 D. Earn at least 10,000 steps per day and 150 active minutes weekly as measured by Fitbit. Outcome E: Earn a level of cardiorespiratory fitness on the 1.5 mile Field Test as measured by the National Field Test Standards.		X	
Intellectual Pursuit			
HPE 155 A. Identify the concepts of physical activity and health fitness by demonstrating improvement on a knowledge-based pre- to post test score.			X
Global Engagement			
Bold Vision			

(Revised 9/29/22)