

Syllabus for  
**HPE 155—Health Fitness**  
1 Credit Hour  
Spring 2024

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 understanding on knowledge-based quizzes after each lecture.
- 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 (Lifestyle Survey).
- C. Measure and determine his or her own level of health and 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. Measuring integrity by making sure that all fit bit steps are correctly set.
- E. Earn a level of cardiorespiratory fitness on the 1.5-mile Field Test as measured by the 1.5-mile field test standards.

III. ASSOCIATED PROGRAMS

This course meets degree completion requirements for the General Education program

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

V. TEXTBOOKS AND OTHER LEARNING RESOURCES

A. Required Materials

1. None
2. Fitbit® fitness tracker with Pure Pulse heart rate monitoring.

## VI POLICIES AND PROCEDURES

### A. 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

#### 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 measured by lecture quizzes/activities	240
(2) Participation as measured by lab activities	240
(3) Physical activity as measured by Fitbit®	100
(4) Cardiorespiratory fitness as measured by field test	40
(5) Lifestyle Assessment	<u>50</u>

Total 670

##### b. Grading scale:

A = 710-639  
 B = 638-568  
 C = 567-497  
 D = 496-426  
 F = 425 and below

2. 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.

**D2L**

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

**VII. COURSE CALENDAR**

<b>Week</b>	<b>Lecture</b>	<b>Lab</b>
1	Syllabus Overview/Readiness to Exercise	Warm-up/Exercise/Cool-down
2	Exercise RX	Lab 2 Complete workout, 15 min cardio at 70% intensity using Fitbit. BMI
3	The Cardiorespiratory System—anatomy, blood pressure, resting HR, HR zones.	Lab 3 Assess flexibility, 20 min cardiac workout at 70% intensity or higher using Fitbit.
4	Cardiovascular Disease Risk Factors and Aerobic Exercise	Lab 4 assesses CR fitness 1.5 mile test using time <b>OR</b> HR of 70% or higher.
5	FITT-VP PRINCIPLE	Lab 5 Interval Training
6	The Skeletal Muscular System	Lab 6 Assessing Muscular Strength and Endurance. Cardio using Fitbit.
7.	Design a muscle strength and endurance program.	Lab 7 Perform weight training workout. Cardio exercise using Fitbit.
8	Body Composition and exercise Nutrition using Fitbit	Lab 8 Assess body composition. Cardio with Fitbit calorie count.
9	Basic Nutrition for Health	Lab 9 Reassess Flexibility. Cardio workout using Fitbit in Zone.

10	Managing Stress	Reassess muscular strength and endurance. Fitbit cardio.
11	Complete Lifestyle Survey at <a href="http://lifestylesurvey.oru.edu">lifestylesurvey.oru.edu</a> and Discuss field test.	Lab 11 Field Test
12	Summarize Class-complete SOS	Lab 12 Make-up Field Test

**Course Inventory for ORU’s Student Learning Outcomes  
HPE 155 — Health Fitness  
Spring 2024**

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
<b>Spiritual Integrity</b>			
HPE 155 Outcome 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 (Lifestyle Survey).		X	

<b>Personal Resilience</b>			
HPE 155 Outcome C: Measure and determine his or her own level of health fitness through the completion of weekly scheduled lab assignments.	X		
HPE 155 Outcome 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		

<b>Intellectual Pursuit</b>			
HPE 155 Outcome A: Identify the concepts of physical activity and health fitness by demonstrating understanding on knowledge-based quizzes after each lecture.	X		

<b>Global Engagement</b>			

<b>Bold Vision</b>			
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