

## **Dakota College at Bottineau Course Syllabus**

Course Prefix/Number/Title: HPER 151 – Varsity Athletics Hockey

Number of credits: 1

**Course Description:** This course requires a full semester of participation in varsity hockey. The fundamental skills and basic strategies of hockey will be taught through teaching, practicing, and playing the game of hockey. On and off ice lessons will be given.

**Pre-/Co-requisites:** None

**Course Objectives:** The student will understand that lifelong wellness is achieved and sustained through proper physical exercise and nutrition. They will also learn the proper skill techniques to succeed as a collegiate hockey player. They will understand the importance of being a student-athlete and community involvement/volunteering.

**Instructor:** Travis Rybchinski

**Office:** TH 128 (Underneath the Bleachers in the Gym)

**Office Hours:** Various (M-Th 11:00 – Noon) Or arranged.

**Phone:** 701-228-5450

**Email:** [travis.rybchinski@dakotacollege.edu](mailto:travis.rybchinski@dakotacollege.edu)

**Lecture/Lab Schedule:** To Be Determined

**Textbook(s):** Will be provided if needed.

**Course Requirements:** The students are evaluated on their participation, effort, attitude, and willingness to learn. Each of the four criteria is weighted at 25%. The students will participate in daily practice sessions, occasional classroom lectures, and a full season of participation including post season play.

**Tentative Course Outline:** The season will begin in early October and continue through the playoffs which could be into March. There will also be preseason off-ice training and open ice sessions.

**General Education Goals/Objectives:**

Goal 1 – to develop the ability to communicate

Goal 6 – to promote the management and use of physical activity

Goal 9 – to develop lifelong learning skills

Relationship to Campus Theme: We will be utilizing the Beyond part of our campus theme. The students will be learning how communicate effectively with others. They also will be learning the value of lifelong fitness and promoting physical, emotional wellness.

Classroom Policies: The students will be expected to attend all practices/games/training sessions/ and meetings. They will conduct themselves in the appropriate manner that supports good character.

Academic Integrity: Please do your best. You will get out of it what you will put in it.

Disabilities and Special Needs: See Coach Rybchinski if you have any special needs.