Dakota College at Bottineau Course Syllabus

Course Prefix/Number/Title:

HPER 151/251 Varsity Women's Softball

Course Description:

This course requires a full season of participation in women's varsity softball. The fundamental skills and basic strategies of softball are emphasized through teaching, practice, and playing the game of softball.

Course Objectives:

The participants will learn:

1. That lifelong wellness is achieved and sustained by proper physical exercise and nutrition.
2. The proper skill techniques to succeed as a collegiate softball players.
3. The importance of teamwork and team building skills
4. How to successfully interact and communicate with teammates, opponents, officials and fans in a sportsman like manner.
5. Understand the rules of competition.
6. Appreciate interscholastic competition.

Instructor:

Wayne Johnson

Office:

Thatcher Hall 122, Bottineau campus

Office Hours:

T, W, Th, F: 9:00 a.m. – 11:00 a.m.

Phone:

701-228-5439

Email:

Wayne.Johnson@dakotacollege.edu

Lecture/Lab Schedule:

Practice time will be scheduled on a weekly basis with practice beginning in January running through a May date determined by tournament schedule.

Textbook(s):

N/A

Course Requirements:

The students are evaluated on their participation, effort, attitude, and willingness to learn. Each of the four criteria are 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 January and continue through the playoffs which could go into the middle of May.

Relationship to Campus Theme:

This course stresses the "beyond". The students will be learning how to communicate effectively with others. They also will be learning the value of lifelong finesses and promoting physical, emotion, and spiritual wellness.

Classroom Policies:

The students will be expected to attend all practices, games, tournaments, and team functions. They will conduct themselves in an appropriate manner that reflects sportsmanship and good character.

Academic Integrity:

There will be *zero tolerance* of any form of academic dishonest. If any evidence appear of students not doing their own work, plagiarism, or outright cheating on exams the matter will be investigate. If it is concluded that such dishonesty occurred, the student in question will receive an automatic "F" for the course. The matter will be reported to the appropriate university office and the instructor will participate in any proceeding against the guilty party.

Disabilities and Special Needs:

Any student with special needs should notify Mr. Johnson during the first week of class to make the proper arrangement to handle these needs.