

## Dakota College at Bottineau Course Syllabus

Course Prefix/Number/Title: HPER/100/Concepts of Fitness and Wellness

Number of credits: 2

Course Description: Show the importance of leading a healthy lifestyle.

Pre-/Co-requisites: N/A

Course Objectives:

- Develop the ability to communicate.
- Develop an aesthetic appreciation for the world in which we live.
- Promote the management and use of physical activity.
- Develop lifelong learning skills

Instructor: Jason Harris

Office: N/A

Office Hours: N/A

Phone: 701-527-5034

Email: Jason.harris@dakotacollege.edu

Lecture/Lab Schedule: N/A

Textbook(s): *Fit & Well/ Core Concepts and Labs in Physical Fitness and Wellness, 9th Ed*; by Fahey, Insel, & Rot.

Course Requirements:

- *Participation:* Regular participation in the class is expected.
- *Reading:* Students are expected to read the assigned chapters in the textbook. Questions on quizzes and exams will be based on this material.
- *Graded Assignments:* Several summaries and short reports are assigned. This work will be graded after being submitted through the assignment link. Use the "Upload a file" tool to upload the assignment.
- *Quizzes & Exams:* The course includes eight quizzes of 10 points each and four exams of approximately 95 questions each.

**Grading Criteria:**

The final grade will be calculated by adding the total points earned on assignments, quizzes, and tests and dividing that by the total points possible.

Letter grades will be based on the following percentages:

A: 100-90

B: 89-80

C: 79-70

D: 69-60

F: 59-00