

## DAKOTA COLLEGE @ BOTTINEAU Course Syllabus

### Course Prefix/Number/Title:

HPER 101 Activity Biking

### Course Description:

This course will involve recreational biking. Aerobic activities will be included.

### Course Objectives:

1. Learn and develop proper techniques and utilizing safety when operating a bike .
2. Improve student's overall fitness level.
3. Learn how to integrate aerobic fitness into a healthy lifestyle.

**Instructor:** Ken Keysor

**Office:** Thatcher 123

**Office Hours:** M-F 10:00-12:00

**Phone:** 228-5452

**Email:** [Ken.Keysor@dakotacollege.edu](mailto:Ken.Keysor@dakotacollege.edu)

### Lecture/Lab Schedule:

**Last 8 weeks of semester. Wednesday 2:00**

**Textbook(s): NONE**

### Course Requirements:

The students will be required to participate in all biking activities. They must have access to a bike.

### Tentative Course Outline:

Weeks 8-16 The students will ride a variety of courses to equal 2 hours weekly.

### General Education Goals/Objectives:

Goal 5: Employs the principles of wellness.

Objective 1: Demonstrate healthy lifestyle and physical wellness.

### Relationship to Campus Theme:

We will be utilizing the Beyond part of the our campus theme. The students will be learning the value of lifelong fitness and promoting physical, emotional, and spiritual wellness. The students will be learning how communicate effectively with others.

### Classroom Policies:

The students will be expected to attend class and take part in all activities.

### Academic Integrity:

*Webster's Encyclopedic Unabridged Dictionary* defines plagiarism as: "The appropriation or imitation of the language, ideas, and thoughts of another author, and representation of them as one's original work." There will be *zero tolerance* of any form of academic dishonesty. If any evidence appears of students not doing their own work, plagiarism, or outright cheating on quizzes/exams, the matter will be investigated. If it is concluded that such dishonesty occurred, the student in question will receive an automatic "F" for the course. Furthermore, the matter will be reported to the appropriate university office and the instructor will participate in any proceedings against the guilty party.

**Disabilities and Special Needs:** Please inform the instructor within the first week of classes if any assistance is required due to disabilities or special needs.