

Dakota College at Bottineau Course Syllabus

Course Prefix/Number/Title: HPER 250 – Varsity Football

Number of credits: 1

Course Description:

The student athlete will participate in Fall and Spring football activities including: Practice, team meetings, weight training and athletic contests

Pre-/Co-requisites: Physical Form signed by a Physician

Course Objectives:

The objective of this course is to promote physical activity and wellness. Student athletes will also learn valuable lessons that involve sports and life.

Instructor: Darwin Routledge

Office: 10B Thatcher Hall

Office Hours: 9 to 4 M-F

Phone: 701-228-5462

Email: darwin.routledge@dakotacollege.edu

Lecture/Lab Schedule: N/A

Textbook(s): none

Course Requirements:

The Course includes football activities, film study, game preparation, practice, and community involvement

Tentative Course Outline:

Regular Season August 11 through Oct 31st, Spring Practice April 1 through May 15th 20 practices.

General Education Goals/Objectives:

Goal 5 and Beyond

Objective 1: Demonstrates healthy lifestyle and physical wellness

Skill 1: Participates in team and/or individual sports

Skill 2: Demonstrates precise fitness skills in activity classes

Skill 3: Identifies the differences between healthy life choices and consequences of negative behaviors

Objective 2: Demonstrates emotional and spiritual wellness

Skill 1: Exhibits a positive self-concept

Skill 2: Displays positive qualities of trust, self-confidence, determination, and dedication

Skill 3: Develops a set of beliefs, principles, or values

Relationship to Campus Theme:

We will be utilizing the Beyond part of the 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, emotion, and spiritual wellness.

Classroom Policies: N/A

Academic Integrity: N/A

Disabilities and Special Needs: N/A