

DAKOTA COLLEGE AT BOTTINEAU
Course Syllabus

Course Prefix/Number/Title:

HPER 100 Concepts of Wellness and Fitness

Course Description:

This is a course designed for students of all ages that teaches facts about exercise and physical fitness. This course is designed to teach the student the role of physical activity in maintaining adequate health and improving quality of life. Students will learn how to assess, develop , and implement a complete lifetime fitness and wellness program and its components. The course is designed to incorporate the ideas through lectures and activities.

Course Objectives:

To educate and engage the student in activities that will enable them to make positive lifestyle choices based on self responsibility that will prepare the student to meet the demands of life in the 21st century.

Instructor: Ken Keysor

Office: Thatcher 123

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

Phone: 228-5452

Email: Ken.Keysor@dakotacollege.edu

Lecture/Lab Schedule:

T&Th 1:00-1:50

Textbook(s):

Fit & Well (Fahey, Insel, Roth), McGraw Hill 8th Edition 2009

Course Requirements:

Students will need to dress according to the days activities. They will be expected to attend class and participate in discussions. They will also be expected to complete all assigned tasks including but not limited to lab activities, test, and course work. We will be doing a combination of both classroom lecture and physical activity.

****Attendance - More than 3 unexcused absences will result in the loss of one letter grade.****

You will be graded on the following points system.

A: 100-90 B: 89-80 C: 79-70 D: 69-60 F: 59-Below

Tentative Course Outline:

Week 1&2 Chapter 1 & Activities

Week 3&4 Chapter 2 & Activities

Week 5& 6 Chapter 3 & Activities

Week 7 &8 Chapter 4 & Activities

Week 9&10 Chapter 5 & Activities

Week 11&12 Chapter 6 & Activities

Week 13&14 Chapter 7 & Activities

Week 15&16 Chapter 8 & Activities

Activities will include physical activity, out of class reports and other miscellaneous projects.

General Education Goals/Objectives:

Goal 5: Employs the principles of wellness

Objective 1: Demonstrates healthy lifestyle and physical wellness.

Objective 2: Demonstrates emotional and spiritual wellness.

Goal 4: Demonstrates effective communication

Objective 4: Works collaboratively with others.

Objective 5: Demonstrates effective oral communication skills.

Relationship to Campus Theme:

The students will identify differences between healthy life choices and what the consequences of negative life choices are. They will be able to recognize that there are many ways to maintain a healthy lifestyle and that health is more than just physical wellness it also includes emotional and spiritual wellness.

Classroom Policies:

Reading the assigned text is the student's responsibility, and is essential to success in this course. It should be noted though that it is in your best academic interest to read material *before* the week of lecture/discussion as to aid in your understanding. Any deadlines are final and your work is due on the day specified (11:59:59 PM). Any late work will not be accepted for full credit.

Please refrain from doing anything that might be disruptive and disturb other students or the instructor, such as chronically arriving late, leaving early, talking with neighbors, using a cell phone or texting. Turn all electronic junk off. This class does not require the use of a laptop computer, therefore they are not allowed to be operated in lecture periods.

This academic environment is an open and harassment free one. Participation within the classroom is highly encouraged and is an integral part of the higher education experience. Ask questions – comment on discussions.

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.