

## **Dakota College at Bottineau Course Syllabus**

Course Prefix/Number/Title: HPER 101 – Activity - Canoeing

Number of credits: .5

Course Description: This course will help the student to develop an enjoyment and satisfaction of canoeing. Activity sessions will consist of canoeing off campus at Lake Pelican. This is a limited instruction class but more of an activity class.

Pre-/Co-requisites: None

Course Objectives:

- 1) Learn the fundamentals and safety of canoeing. (Gen. Ed. #9)
- 2) Enjoy the benefits of physical fitness. (Gen. Ed. #9)

Instructor: Travis Rybchinski

Office: TH 128

Office Hours: MWF – 10AM – Noon, and other hours arranged

Phone: 228-5450

Email: [travis.rybchinski@dakotacollege.edu](mailto:travis.rybchinski@dakotacollege.edu)

Lecture/Lab Schedule: Wednesdays at 4 PM (Only meets 4 times Aug 29, Sept 5, Sept 12, Sept 19)  
We will meet in the gym and rides will be provided.

Textbook(s): None

Course Requirements: Participate in class and go out on the lake and canoe. Participate in the safety session.

General Education Goals/Objectives:

Goal 6 – to promote the management and use of physical activity

Relationship to Campus Theme: Walking can be done outdoors.

Classroom Policies:

- 1) Attend regularly and participate.
- 2) Wear proper attire.

Academic Integrity: Please fill out activity log honestly.

Disabilities and Special Needs: See Coach Rybchinski if you have any disabilities and/or special needs. This includes any minor injuries.