

Course Prefix/Number/Title: HPER 101 – Fitness Walking

Number of credits: .5

Course Description: Students will learn the basic lifelong skills, and basic knowledge about fitness walking.

Pre-/Co-requisites: None

Course Objectives:

- To improve our cardiovascular training through walking.
- To expose the students to a variety of experiences and demonstrations that may enable the student to make lifelong healthy exercise decisions.

Instructor: Travis Rybchinski

Office: Thatcher Hall 127

Office Hours: Monday / Friday 11AM – 12 AM, or by appointment.

Phone: 701-228-5450 (Office)

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

Lecture/Lab Schedule: MTWT at Noon or hours arranged.

Textbook(s): None. Handouts may be given out.

Course Requirements:

The purpose of this class is to assist the student in the improvement of their cardiovascular fitness through walking.

Tentative Course Outline: Walk for at least 30 minutes each class period.

General Education Competency/Learning Outcome(s) OR CTE Competency/Department

Learning Outcome(s):

Competency/Goal 5: Employs the principles of wellness

Learning Outcome 2: Recognizes characteristics of a healthy lifestyle

Performance Indicator 1: Identifies the difference between healthy life choices and unhealthy behaviors.

Relationship to Campus Focus: We will encourage modern technology in various fitness activities. (Apps)

Classroom Policies: Follow safety guidelines. Students are encouraged to keep track of distance and time on an App.

#### Student Email Policy:

Dakota College at Bottineau is increasingly dependent upon email as an official form of communication. A student's campus-assigned email address will be the only one recognized by the Campus for official mailings. The liability for missing or not acting upon important information conveyed via campus email rests with the student.

#### Academic Integrity:

According to the DCB Student Handbook, students are responsible for submitting their own work. Students who cooperate on oral or written examinations or work without authorization share the responsibility for violation of academic principles, and the students are subject to disciplinary action even when one of the students is not enrolled in the course where the violation occurred. The Code detailed in the Academic Honesty/Dishonesty section of the Student Handbook will serve as the guideline for cases where cheating, plagiarism or other academic improprieties have occurred.

#### Disabilities or Special Needs:

Students with disabilities or special needs (academic or otherwise) are encouraged to contact the instructor and Disability Support Services.

#### Title IX:

Dakota College at Bottineau (DCB) faculty are committed to helping create a safe learning environment for all students and for the College as a whole. Please be aware that all DCB employees (other than those designated as confidential resources such as advocates, counselors, clergy and healthcare providers) are required to report information about such discrimination and harassment to the College Title IX Coordinator. This means that if a student tells a faculty member about a situation of sexual harassment or sexual violence, or other related misconduct, the faculty member must share that information with the College's Title IX Coordinator. Students wishing to speak to a confidential employee who does not have this reporting responsibility can find a list of resources on the DCB Title IX webpage.

#### Grading:

Activity and Attendance – 80% of Final Grade

Attitude – 20% of Final Grade

(Grading Scale may change due to changes in exams and group assignments)

Let's MAKE IT A GREAT SEMESTER!!