

Course Prefix/Number/Title: HPER 100 Concepts of Wellness & Fitness

Number of Credits: 2

Course Description: HPER 100 is a course on general health and wellness. This is a blended course consisting of lectures, activities, and online assignments. We will learn about physical fitness, nutrition, and wellness. We hope you take lessons learned in this class and use them for the rest of your life. The course is designed to incorporate the ideas through lectures, assignments, and activity. You will not be forced to do anything you do not feel comfortable with while we are doing the Physical Activities.

Pre-/Co-requisites: None

Course Objectives: To educate and engage the student in activities that will enable him/her to make positive lifestyle choices, based on self-responsibility that will prepare the student to meet the demands of life. To have fun in a safe and caring learning environment

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: Tuesday/Thursday 11:00 AM – 11:50 AM

Textbook(s): Fit & Well (Fahey, Insel, Roth) (Optional)

Course Requirements:

- o Blackboard Assignments
- o Activity Days – You will need to be active.
- o Group Work/Group Projects (To be determined due to health settings)
- o Attendance (3 unexcused absences may affect your grade.)
- o Exams
- o Course work and Lab activities

Tentative Course Outline: Posted on Blackboard.

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. You are encouraged to do activities outside to encourage the Nature theme.

Classroom Policies: Please turn cell phones off. Participate in class discussions. Please attend all lectures and activities. Hand in all coursework and exams. Be on time.

#### 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:

- 59 % of total points or less = F
- 60 % to 69 % of total points = D
- 70 % to 79 % of total points = C
- 80 % to 89 % of total points = B
- 90 % to 100 % of total points = A

Grading % is subject to change by instructor.

Let's MAKE IT A GREAT SEMESTER!!