



Course Prefix/Number/Title: HPER 101-2 Activity (Fitness Walking)

Number of credits: 0.50

Course Description: This course is designed to teach and apply the principles of lifetime physical fitness, utilizing the five major components of cardio-respiratory endurance, muscular strength, muscular endurance, flexibility and body composition. A variety of health and wellness issues will be addressed. The components of fitness will be met through structured individually paced fitness walking techniques.

Pre-/Co-requisites: None

Course Objectives:

1. acquire the fundamentals of health-related fitness, encompassing cardio-respiratory and cardiovascular endurance, muscular strength and endurance, muscular flexibility and body composition.
2. apply knowledge of the fundamentals of health-related fitness toward developing, maintaining, and sustaining an active and healthy lifestyle.
3. acquire or enhance the basic motor skills and skill-related competencies, concepts, and strategies used in physical activities and sport.
4. gain a thorough working knowledge, appreciation, and understanding of the spirit and rules, history, safety, and etiquette of physical activities and sport.

Instructor: Reed Loucks

Office: Thatcher Hall Weight Room 10B

Office Hours: Monday through Friday 9AM – 3PM, or by appointment.

Phone: 701-228-5626 (Office)

Email: reed.loucks@dakotacollege.edu

Lecture/Lab Schedule: Wednesdays at 12pm.

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

Course Requirements: None