



Course Prefix/Number/Title: HPER 150 – Varsity Sports (Women's Volleyball)

Number of credits: 1

Course Description: This course requires a full semester of participation in varsity volleyball. The fundamental skills and basic strategies of volleyball will be taught through teaching, practicing, and playing the game of volleyball. On and off volleyball court sessions will be given.

Pre-/Co-requisites: None

Course Objectives: The student will understand that lifelong wellness is achieved and sustained through proper physical exercise and nutrition. They will also learn the proper skill techniques to succeed as a collegiate volleyball player. They will understand the importance of being a student-athlete and community involvement/volunteering.

Instructor: Valerie Rivera

Office: Thatcher Hall 120A

Office Hours: Monday through Thursday 10:00 AM – 12 PM, or by appointment.

Phone: 701-228-5477 (Office)

Email: Valerie.rivera@dakotacollege.edu

Lecture/Lab Schedule: M-F – Practice (undetermined), games, and other training sessions.

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

Course Requirements: The students are evaluated on their participation, effort, attitude, and willingness to learn. Each of the four criteria is weighted at 25%:

1. Teamwork,
2. Attendance/participation
3. Following team rules/responsibility
4. Practice/training.

The students will participate in daily practice sessions, occasional classroom lectures, and a full season of participation including post season play. Final letter grades are assigned based on the following criteria:

A = 90 - 100% of the total points

B = 80 - 89% of the total points
C = 70 - 79% of the total points
D = 60 - 69% of the total points
F = <60% of the total points

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

Tentative Course Outline: The season will begin in August and continue through the playoffs which conclude the end of the semester. There will also be pre-season training and open gym sessions.

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

Competency 5: Employs the principles of wellness and cooperation

Learning Outcome1: Demonstrates physical wellness

Performance Indicator 1: Participates in varsity sport

Relationship to Campus Focus: We will be utilizing the Beyond part of our campus theme. The students will be learning how communicate effectively with others. They also will be learning the value of lifelong fitness and promoting physical, emotional wellness.

Classroom Policies: The students will be expected to attend all practices/games/training sessions/ and meetings. They will conduct themselves in the appropriate manner that supports good character.

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. Lynn Bristol (lynn.bristol@dakotacollege.edu)

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. Laura Halvorson (laura.halvorson@dakotacollege.edu), Corey Gorder (corey.gorder@dakotacollege.edu), and Mary Gorder (mary.gorder@dakotacollege.edu)