



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

Number of Credits: 1

Course Description: This course requires a full semester of participation in varsity softball. The fundamental skills and basic strategies of softball will be taught through teaching, practicing, and playing the game of softball. On and off the field lessons 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 softball player. They will understand the importance of being a student-athlete and community involvement/volunteering.

Instructor: Jason Lindgren

Office: Thatcher 2233

Office Hours: Monday through Friday 9am – 2pm, or by appointment

Phone: 701-228-5434

Email: jason.lindgren@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 semester of activities. 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

Tentative Course Outline: The season will begin in August and continue through the Semester which conclude the end of December. There will also be training at the Hitting Facility, DCB Cardio and Weighroom. Community Involvement.

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

Competency 5: Employs the principles of wellness and cooperation

Learning Outcome 1: 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 to communicate effectively with others. They also will be learning the value of lifelong fitness and promoting physical, emotional wellness. Sharing time and ideas with others in team activities.

Classroom Policies: The student athletes will be expected to attend all practices/games/training sessions/events 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.

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.