



## **HPER 100: Concepts of Wellness and Fitness**

Number of Credits: 2

Course Description: Course will cover general principles of Health and Wellness

Pre-/Co-requisites: None

Course Objectives: Students will learn and apply concepts related to the following.

1. Achieving wellness
2. Eating and Exercising Toward a Healthy Lifestyle
3. Building Healthy Relationships
4. Understanding and Preventing Disease

Instructor: Travis Rybchinski

Office: Online via Course Messages

Office Hours: Please use Course Messages

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

Textbook(s): Health and Wellness 13th edition by, Gordon Edlin, Eric Golanty

Course Requirements: Textbook and Computer/Internet Access

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.