

## Dakota College at Bottineau Course Syllabus

### Course Prefix/Number/Title

HPER 151- Varsity Baseball

Course Description: Varsity baseball at Dakota College at Bottineau is a 2 year program. We strive on making baseball players better in many different areas. We focus on arm strength, agility, speed, strength and many more things here at Dakota College. We work on becoming better humans and learning how to make the right choices. That being from just making the right choice of what food to eat to making the right choice in a difficult situation even though we know the outcome could be tough on you.

### Course Objectives:

- 1.) That students properly learn how to manage sporting events and learn the importance of time management
- 2.) Stay properly active and learn how to interact with students from multiple back grounds.
- 3.) Learn importance of team work and dealing with different situations that come against you.
- 4.) Appreciate the ability to travel and compete at a high level of competition for college baseball.

Instructor: Mark LaCroix

Office Thatcher Hall 10A, Bottineau Campus

Office Hours: M, T, W, TH, And F: 9:00 A.M-11:30 A.M

Phone: 701-871-8793

Email: [mark.lacroix@dakotacollege.edu](mailto:mark.lacroix@dakotacollege.edu)

### Lecture/Lab Schedule:

Practices run from 4:00-6:30 in the fall, the early spring we are 6:30-8:30, then we are 2:00-4:30 in the later part of the spring. We also do study tables, along with team meetings as those will be announced before the week of practices start.

Goal 5: Employs the principle of wellness

Objective 1: Demonstrates healthy lifestyle and physical wellness

Skill 1: Participate in team or individual sport

Skill 2: Demonstrates being physically active

Skill 3: Identifies how to work with others and learn to work together

## Objective 2: Demonstrations Emotional and Spiritual Wellness

Skill 1: Exhibits a positive self-concept

Skill 2: Displays matters of team work, trust, organization, ownership, determination

Skill 3: Develop a strong belief in yourself and abilities

Textbook: N/A

### Course Requirements:

Baseball players are required to show up for practice and be on time. If late they will be required to run for the time that they were late. They are to participate in practice and give me their best efforts to get better every day. Players are required to come to the games, scrimmages, and team events.

### Tentative Course Outline:

Baseball practices will be every night except for Mondays, follow that as players will be given a games schedule for what we have for games in the spring.

### Relationship Campus Theme:

We want students to know who we are and know that we are always willing to help around campus. We want to help the campus grow but also make it where people enjoy coming to our ball games.

### Classroom Policies:

Students need to bring a notebook and pen to class to take notes. Students are to pay attention and know what their duties are going forward into events.

### Academic Integrity:

There will be not form of academic dishonesty. If evidence appears of students not doing their own work, plagiarism, or outright cheating the students will be given a failing grade for the course. Instructor will then will report the matter to appropriate university office and the instructor will participate in any proceedings against the guilty party.

### Disabilities or Special Needs:

Anyone with special needs should notify Mr. LaCroix during the first week of class to make the proper arrangements to handle the student's needs.

