

## Dakota College at Bottineau Course Syllabus

Course Prefix/Number/Title

[HPER 225-Intramural Sports](#)

Course Description:

Intramurals is a Fall/Spring course that students are able to take to be part of a form of physical education. In this class we put on events like Kickball, Dodgeball, Basketball, Pool, Darts, etc. We allow students to take place in activities around campus and learn how to properly put on sporting events.

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 still compete in different kind of events.

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:

Lectures will be at 12:00 P.M every Wednesday, we will meet as a class and go over then the event that we are having that night. Events will vary depending on gym space and time.

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:

Students are expected to be at events that we put on and are to attend class on a regular bases. 75 % of the class is graded on participation in the events and setting them up. There are 2 papers to write in the class. One at mid semester and one is the final. This paper evaluates how to improve events and what events we should do go forward.

### Tentative Course Outline:

Class begins the first Wednesday of the semester and goes right up to finals week. We will have 16 class periods, followed by 12 events.

### Relationship Campus Theme:

Students will be learning to communicate with each other and learning how to involve the student's body more. Making it where people from all over campuses are attending the events.

### 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.