

Course Prefix/Number/Title:

HPER 150/250 Varsity Athletics--Women's Basketball

Number of Credits:

1

Course Description:

This course requires a full semester of participation in women's basketball. The fundamental skills and basic strategies of basketball are emphasized through teaching, practice, and playing the game of basketball.

Pre-/Co-requisites:

N/A

Course Objectives:

The participants will learn:

1. That lifelong wellness is achieved and sustained by proper physical exercise and nutrition
2. The proper skill techniques to succeed as collegiate basketball players
3. The importance of teamwork and team building skills
4. How to successfully interact and communicate with teammates, opponents, officials and fans in a sportsman like manner
5. Understand the rules of competition
6. Appreciate interscholastic competition

Instructor:

Wayne Johnson

Office:

Thatcher Hall 122, Bottineau campus

Office Hours:

M,T,W,Th,F: 10:00 a.m—12:00 p.m.

Phone:

701-228-5439

Email:

wayne.l.johnson@dakotacollege.edu

Lecture/Lab Schedule:

Team practice time will be scheduled on a weekly basis with practice beginning on October 12<sup>th</sup> running through December 18<sup>th</sup>. Individual workouts, conditioning, and weight training will begin August 31<sup>st</sup>.

Textbook(s):

Ladyjacks Basketball Notebook

Course Requirements:

The students are evaluated on their participation, effort, attitude, and willingness to learn. Each of the four criteria are weighted at 25%. The students will participate in individual workouts, team practices, classroom lectures, team building exercises, and a full season of game participation.

Tentative Course Outline:

August 25—Team meetings to organize team structure, team build, and participate in team fundraising

August 31—Individual workouts, weight training, and conditioning

October 12—Team practices and scrimmages

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

The students will develop an understanding and appreciation of lifelong wellness.

Relationship to Campus Focus:

This course stresses the “beyond”. The students will be learning how to communicate effectively with others. They also will be learning the value of lifelong fitness and promoting physical, emotion, and spiritual wellness.

Classroom Policies:

The students will be expected to attend all practices, games tournaments, and team functions. They will conduct themselves in an appropriate manner that reflects sportsmanship and 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.