

Dakota College at Bottineau Course Syllabus

Course Prefix/Number/Title: HPER 101 – Activity - Canoeing

Number of credits: .5

Course Description: This course will help the student to develop an enjoyment and satisfaction of canoeing. Activity sessions will consist of canoeing off campus at Lake Pelican. This is a limited instruction class but more of an activity class.

Pre-/Co-requisites: None

Course Objectives:

- 1) Learn the fundamentals and safety of canoeing. (Gen. Ed. #9)
- 2) Enjoy the benefits of physical fitness. (Gen. Ed. #9)

Instructor: Travis Rybchinski

Office: TH 128

Office Hours: MWF – 10AM – Noon, and other hours arranged

Phone: 228-5450

Email: travis.rybchinski@dakotacollege.edu

Lecture/Lab Schedule: Wednesdays at 4 PM. (We will decide the dates and times when we meet after the first class) We will meet in the gym and rides will be provided.

Textbook(s): None

Final Test: This is a participation class so there is no final test.

Course Requirements: Participate in class and go out on the lake and canoe. Participate in the safety session.

General Education Goals/Objectives:

Goal 6 – to promote the management and use of physical activity

Relationship to Campus Theme: We canoe in an outdoor setting.

Classroom Policies:

- 1) Attend regularly and participate.
- 2) Wear proper attire.

Academic Integrity: Please participate.

Disabilities and Special Needs: See Coach Rybchinski if you have any disabilities and/or special needs. This includes any minor injuries.

Any announcements and class notices will be distributed through email. As per Student Email Policy:

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.

Any questions please ask.