

Dakota College at Bottineau Course Syllabus

Course Prefix/Number/Title: HPER 100

Number of credits: 2

Course Description: HPER 100 is a course on general health and wellness. We will learn about physical fitness, nutrition, and wellness. We hope you take lessons learned in this class and use them for the rest of your life. You will learn how to assess, develop, and implement a complete lifetime fitness and wellness program and its components. The course is designed to incorporate the ideas through lectures and activity. You will not be forced to do anything you do not feel comfortable with while we are doing the Physical Activities.

Pre-/Co-requisites: None

Course Objectives: To educate and engage the student in activities that will enable him/her to make positive lifestyle choices, based on self-responsibility that will prepare the student to meet the demands of life. To have fun in a safe and caring learning environment.

Instructor: Travis Rybchinski

Office: Thatcher Hall 128 (Under the Bleachers beside the team room.)

Office Hours: MWF – 10AM – Noon and others arranged

Phone: 701-228-5450

Email: travis.rybchinski@dakotacollege.edu

Lecture/Lab Schedule: Tuesdays and Thursdays 1 PM to 1:50 PM

Textbook(s): Fit & Well (Fahey, Insel, Roth)

Course Requirements:

- Textbook – Fit & Well (Fahey, Insel, Roth)
- Attire – Proper clothing for activities
- Attendance
- Exams
- Course work and Lab activities

General Education Goals/Objectives:

Goal 1 – to develop the ability to communicate

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

Goal 9 – to develop lifelong learning skills

Relationship to Campus Theme: We will use modern technology in various fitness tests. We will also do some activities outside to encourage the Nature theme.

Classroom Policies: Please turn cell phones off. Participate in class discussions. Please attend all lectures and activities. Hand in all coursework and exams.

Academic Integrity: Please do your own work on tests, quizzes and assignments.

Disabilities and Special Needs: Please see Instructor if you have any disabilities and/or special needs. We try making arrangements so the whole class can participate in the activities we do.

Other: Please email, call, or stop by my office if you have any problems/questions with the class. I look forward to being your instructor. Any announcements about class will go through the Campus 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.

Week 1: Introductions and Syllabus. (First week activities)

Week 2: Chapter 1

Week3: Chapter 2

Week 4: Chapter 2 and Chapter 3

Week 5: Chapter 3 and Chapter 4

Week 6: Activities

Week 7: Chapter 4

Week 8: Chapter 5

Week 9: Chapter 6

Week 10: Special Topics – Alcohol

Week 11: Chapter 7

Week 12: Chapter 8

Week 13: Chapter 8 and Activities

Week 14: Activities and Presentations

Week 15: Presentations and Special Topics

Week 16: Final Testing and Evaluation