

## Dakota College at Bottineau Course Syllabus

Course Prefix/Number/Title: HPER—100—Concepts of Fitness and Wellness

Number of credits: 2

Course Description: The course is designed to give the students a better understanding of how to achieve lifelong skills to improve and maintain a healthy life style.

### Course Objectives:

- Develop the ability to communicate.
- Develop an aesthetic appreciation for the world in which we live.
- Promote the management and use of physical activity.
- Develop lifelong learning skills

Instructor: Jason Harris

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Textbook(s): *Fit & Well/ Core Concepts and Labs in Physical Fitness and Wellness, 9th Ed;* by Fahey, Insel, & Rot

General Education Goals/Objectives:

Relationship to Campus Theme: N/A

Academic Integrity: The final grade will be calculated by adding the total points earned on assignments, quizzes, and tests and dividing that by the total points possible.

Letter grades will be based on the following percentages:

A: 100-90  
B: 89-80  
C: 79-70  
D: 69-60  
F: 59-00