

DAKOTA COLLEGE @ BOTTINEAU Course Syllabus

Course Prefix/Number/Title:

HPER 101 Activity Aerobic Fitness

Course Description:

This course will include active participation in aerobic, strength, and flexibility training. It will also incorporate group training concepts.

Course Objectives:

This course will promote lifelong learning skills for a healthier life. It will also look to help develop muscular strength and endurance, flexibility, and cardiovascular endurance.

Instructor: Ken Keysor

Office: Thatcher 123

Office Hours: M-F 10:00-12:00

Phone: 228-5452

Email: Ken.Keysor@dakotacollege.edu

Lecture/Lab Schedule:

First half of semester

T & Th 10:00-10:50

Thatcher Hall 160 Gym

Textbook(s): **NONE**

Course Requirements:

1. Attend class regularly (5 points for each class period).
2. Subjective evaluation (attitude, effort, etc. 16 points).
3. Fitness post test (25 points)
4. Grading Scale A:100-90 B:89-80 C:79-70 D:69-60

Tentative Course Outline:

Weeks 1-8 various aerobic activities

General Education Goals/Objectives:

Goal 5: Employs the principles of wellness.

 Objective 1: Demonstrate healthy lifestyle and physical wellness.

Relationship to Campus Theme:

We will be utilizing the Beyond part of the campus theme. The students will be learning the value of lifelong fitness and promoting physical, emotional, and spiritual wellness. The students will be learning how communicate effectively with others.

Classroom Policies:

Students will be expected to be in attendance and take part in all activities.

Academic Integrity:

Webster's Encyclopedic Unabridged Dictionary defines plagiarism as: "The appropriation or imitation of the language, ideas, and thoughts of another author, and representation of them as one's original work." There will be *zero tolerance* of any form of academic dishonesty. If any evidence appears of students not doing their own work, plagiarism, or outright cheating on quizzes/exams, the matter will be investigated. If it is concluded that such dishonesty occurred, the student in question will receive an automatic "F" for the course. Furthermore, the matter will be reported to the appropriate university office and the instructor will participate in any proceedings against the guilty party.

Disabilities and Special Needs:

Please inform the instructor within the first week of classes if any assistance is required due to disabilities or special needs.