

Dakota College at Bottineau Course Syllabus

Course Prefix/Number/Title: HPER 101 – Activity Fitness Walking

Number of credits: .5

Course Description: This course will help the student to develop an enjoyment and satisfaction with walking for fitness. Activity sessions will consist of walking outside or in the gym.

Pre-/Co-requisites: None

Course Objectives:

- 1) Learn the fundamentals of fitness walking. (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: Tuesdays at 9AM -9:50 or as hours arranged

Textbook(s): None

Course Requirements: Walk 8 hour for the semester. Can be done in class time as well as your own time.

General Education Goals/Objectives:

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

Relationship to Campus Theme: Walking can be done outdoors.

Classroom Policies:

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

Academic Integrity: Please fill out activity log honestly.

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