

Dakota College at Bottineau Course Syllabus

Course Prefix/Number/Title: HPER 101 – Activity – Weight Training

Number of credits: .5

Course Description: Students will learn the basic lifelong skills, knowledge, and strategies used in weight training and conditioning.

Pre-/Co-requisites: None

1. To learn the effects of exercise on the growth and development of the human body.
2. To learn different conditioning programs through various methods of training.
3. To expose the students to a variety of experiences and demonstrations that may enable the student to make lifelong healthy exercise decisions.
4. To properly learn how to work and maintain the fitness equipment.

Instructor: Travis Rybchinski

Office: Thatcher Hall 128

Office Hours: MWF – 10 AM to Noon

Phone: 228-5450

Email: travis.rybchinski@dakotacollege.edu

Lecture/Lab Schedule: Tuesday and Thursday 9 AM – 9:50 AM : First 8 Weeks of Semester

Textbook(s): None

Course Requirements: Attend Classes Regularly

Tentative Course Outline:

Week 1 - Intro

Week 2 – Testing, Cardio

Week 2 – Syllabus Review, Expectations, Tour of Equipment, Safety

Week 3– Upper Body and Chest Weights, Abs, Cardio

Week 3 – Lower Body Weights and Back, Abs, Cardio

Week 4 – Upper Body and Chest Weights, Abs, Cardio

Week 4 – Lower Body Weights and Back, Abs, Cardio

Week 5– Upper Body and Chest Weights, Abs, Cardio

Week 5 – Core Strength and Plyometrics

Week 6– Core Strength and Plyometrics

Week 6 – Upper Body and Chest Weights, Abs, Cardio

Week 7 – Lower Body Weights and Back, Abs, Cardio

Week 7 – TBD

Week 8 – Post Testing

Week 8 – Final Class – Post Testing – Hand In Workout Charts

General Education Goals/Objectives:

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.

Classroom Policies: Attendance is mandatory. You are allowed 2 absences before it will hurt your grade.

Academic Integrity: Please fill out workout cards honestly.

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