

Dakota College at Bottineau Course Syllabus

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

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 in the 21st century. To have fun in our activities we do in class.

Instructor: Cory Fehringer

Office: Thatcher Hall 123

Office Hours: Posted

Phone: 701-228-5452

Email: cory.fehringer@dakotacollege.edu

Lecture/Lab Schedule: Tuesdays and Thursdays 10 AM to 10:50 AM

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.

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 make 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.

Class Schedule (Tentative)

Week 1: Introductions and Syllabus.

Week 2: Chapter 1

Week 3: 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: Activities and Presentations

Week 11: Presentations and Chapter 7

Week 12: Chapter 7

Week 13: Chapter 8

Week 14: Chapter 8

Week 15: Special Topics – Alcohol

Week 16: Final Testing and Evaluation