Dakota College at Bottineau Course Syllabus

Course Prefix/Number/Title: HPER 100

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 asses, develop, and implement a complete lifetime fitness and wellness program and its components.

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 21stcentury.

Instructor: Jason Harris

Office: N/A

Office Hours: N/A

Phone: (701)527-5034

Email: jason.harris@bismarckstate.edu

Lecture/Lab Schedule: Online

Textbook(s): Fit & Well (Fahey, Insel, Roth)

Course Requirements:
Textbook – Fit & Well (Fahey, Insel, Roth)
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

Grading Scale

90% - 100%	A
80% - 89%	B
70% - 79%	C
60% - 69%	D
Less than 60%	F

Relationship to Campus Theme:
We will use modern technology in various fitness tests.

Disabilities and Special Needs:

If you have any condition, such as a physical or learning disability, for which you need extra assistance, please inform me immediately. If you have already met with Student Development personnel, please provide me with information regarding your special needs as soon as possible so that appropriate accommodations can be made.