

## **Dakota College at Bottineau Course Syllabus**

Course Prefix/Number/Title: HPER 100

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.

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 21<sup>st</sup> century. To have fun in our activities we do in class.

Instructor: Travis Rybchinski

Office: Thatcher Hall 128 (Under the Bleachers beside the team room.)

Office Hours: MWF – 10AM – Noon and others arranged

Phone: 701-228-5450

Email: [travis.rybchinski@dakotacollege.edu](mailto:travis.rybchinski@dakotacollege.edu)

Lecture/Lab Schedule: Tuesdays and Thursdays 1 PM to 1:50 PM

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.

Other: Please email, call, or stop by my office if you have any problems/questions with the class. I look forward to being your instructor.