

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

Number of credits: .5

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

Pre-/Co-requisites: None

Course Objectives:

- To learn basic lifts to gain strength and conditioning of muscles in the body.
- To learn different conditioning programs through various methods of training.
- To expose the students to a variety of experiences and demonstrations that may enable the student to make lifelong healthy exercise decisions.
- To properly learn how to work and maintain the fitness equipment.

Instructor: Travis Rybchinski

Office: Thatcher Hall 127

Office Hours: Monday / Wednesday 1 PM – 2 PM, or by appointment.

Phone: 701-228-5450 (Office)

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

Lecture/Lab Schedule: Tuesday or Thursday 9:00 AM or hours arranged in weight room.

Textbook(s): None. Handouts will be given out.

Course Requirements:

Students will set goals and we will work on workout and conditioning programs to benefit each individual.

Tentative Course Outline: Each person will get a workout program to follow.

General Education Competency/Learning Outcome(s) OR CTE Competency/Department Learning Outcome(s):  
Competency/Goal 5: Employs the principles of wellness

Learning Outcome 2: Recognizes characteristics of a healthy lifestyle

Performance Indicator 1: Identifies the difference between healthy life choices and unhealthy behaviors.

Relationship to Campus Focus: We will encourage modern technology in various fitness activities

Classroom Policies: Please turn cell phones off. Participate in activities and follow safety guidelines. Be on time.

#### Student Email Policy:

Dakota College at Bottineau is increasingly dependent upon email as an official form of communication. A student's campus-assigned email address will be the only one recognized by the Campus for official mailings. The liability for missing or not acting upon important information conveyed via campus email rests with the student.

#### Academic Integrity:

According to the DCB Student Handbook, students are responsible for submitting their own work. Students who cooperate on oral or written examinations or work without authorization share the responsibility for violation of academic principles, and the students are subject to disciplinary action even when one of the students is not enrolled in the course where the violation occurred. The Code detailed in the Academic Honesty/Dishonesty section of the Student Handbook will serve as the guideline for cases where cheating, plagiarism or other academic improprieties have occurred.

#### Disabilities or Special Needs:

Students with disabilities or special needs (academic or otherwise) are encouraged to contact the instructor and Disability Support Services.

#### Title IX:

Dakota College at Bottineau (DCB) faculty are committed to helping create a safe learning environment for all students and for the College as a whole. Please be aware that all DCB employees (other than those designated as confidential resources such as advocates, counselors, clergy and healthcare providers) are required to report information about such discrimination and harassment to the College Title IX Coordinator. This means that if a student tells a faculty member about a situation of sexual harassment or sexual violence, or other related misconduct, the faculty member must share that information with the College's Title IX Coordinator. Students wishing to speak to a confidential employee who does not have this reporting responsibility can find a list of resources on the DCB Title IX webpage.

#### Grading:

Activity and Attendance – 80% of Final Grade

Attitude – 20% of Final Grade

(Grading Scale may change)

Let's MAKE IT A GREAT SEMESTER!!