

## Dakota College at Bottineau Course Syllabus

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

**Number of credits:** 2

**Course Description:** HPER 100 is a course on general health and wellness. You will learn about physical fitness, nutrition, and wellness. We hope you take lessons learned in this course 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.

**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. To have fun in a safe and caring learning environment.

**Instructor:** Katie Kauffman

**Office:** No campus office please contact me via phone or e-mail

**Office Hours:** 8:00 AM to 4:00 PM MST

**Phone:** 208-410-2881

**Email:** katie.kauffman@ndus.edu

**Lecture/Lab Schedule:** On-Line course

**Textbook(s):** • Health and Wellness 13th edition by, Gordon Edlin, Eric Golanty

**Course Requirements:**

- Textbook
- Blackboard Access
- Internet Access
- Discussion Board
- Exams
- Workbook Assignments

**General Education Goals/Objectives:** Goal 5: Employs the principles of wellness

**Late Work:** All work must be submitted on time, work submitted past the deadline will be graded at 50% of the original grade unless prior arrangements have been made. Failure to have a text book is not a reason to have late or missing work.

**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:** Please complete your own work on discussion boards, tests and assignments.

**Disabilities and Special Needs:** Please speak with the instructor in regards to any disabilities and/or special needs that might need to be addressed.

**Blackboard Help:** If you need help or have questions with blackboard please contact either blackboard support or the college tech support.