

Dakota College at Bottineau Course Syllabus

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

Number of credits: 2

Instructor: Travis Rybchinski

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

Phone: 701-228-5450

Email: travis.rybchinski@dakotacollege.edu

Lecture/Lab Schedule: Tuesdays and Thursdays 11 AM to 11:50 AM

Course Description: HPER 100 is a course on general health and wellness. This is a blended course consisting of lectures, activities, and online assignments. 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. The course is designed to incorporate the ideas through lectures, assignments, 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. To have fun in a safe and caring learning environment.

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

Course Requirements:

- Textbook – Fit & Well (Fahey, Insel, Roth)
- Blackboard Assignments
- Activity – You will need to be active.
- Group Work/Group Projects
- Attendance (3 unexcused absences will affect your grade.)
- Exams
- Course work and Lab activities

General Education Goals/Objectives:

Goal 5: Employs the principles of wellness

- Objective 1: Demonstrates healthy lifestyle and physical wellness
 - Skill 3: Identifies the differences between healthy life choices and consequences of negative behaviors

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. Hand in all coursework and exams. Be on time.

Activity Days: You will be expected to do physical activity on the days assigned. This will be on your own and it may be done in class as well. These dates are a part of the class and you earn credit.

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 making 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. I look forward to being your instructor. Any announcements about class will go through the Campus Student Email Policy.

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.

Title IX makes it clear that violence and harassment based on sex and gender are Civil Rights offences subject to accountability and support. If you or someone you know has been harassed or assaulted, you can get help here at Dakota College. Contact Laura at 228-5680 in the Student Success Office.

Grading:

Exams – 30 % of Final Grade

Activity – 20% of Final Grade

Group Assignments – 30% of Final Grade

Assignments and Other – 20%

(Grading Scale may change due to changes in exams and group assignments)

Let's MAKE IT A GREAT SEMESTER!!

Weekly assignments and Schedule will be on Blackboard.