

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

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

Number of credits: .5

Instructor: Travis Rybchinski

Office: Thatcher Hall 127

Office Hours: M-W-F 11AM – 12 PM or hours arranged

Phone: 701-228-5450

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

Lecture/Lab Schedule: Tuesdays at 9:00 AM and/or hours arranged or Thursdays at 9:00 AM and/or hours arranged

Course Description: Students will learn the 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.

Textbook(s): None

Course Requirements: Attendance and Participation

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

General Education Goals/Objectives:

Goal 6 – to promote the management and use of physical activity

Goal 9 – to develop lifelong learning skills

Classroom Policies:

- Please let instructor know if you are going to miss class
- Absences will have to be made up
- Please put weights away after use
- Let instructor know of any injuries you may have
- Safety first!

Academic Integrity: Please fill out weight reports honestly.

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.

Disabilities and Special Needs:

- Please let instructor know of any disabilities or special needs.