

## Dakota College at Bottineau Course Syllabus

### **Course Prefix/Number/Title:**

HPER 250 Varsity Men's Basketball

### **Course Description:**

This course requires a full season of participation in women's varsity basketball. The fundamental skills and basic strategies of basketball are emphasized through teaching, practice, and playing the game of basketball.

### **Course Objectives:**

The participants will learn:

1. That lifelong wellness is achieved and sustained by proper physical exercise and nutrition. 2. The proper skill techniques to succeed as collegiate basketball players. 3. The importance of teamwork and team building skills 4. How to successfully interact and communicate with teammates, opponents, officials and fans in a sportsman like manner. 5. Understand the rules of competition. 6. Appreciate interscholastic competition.

**Instructor:** Brock Lemon

**Office:** Thatcher Hall 10b, Bottineau campus

**Office Hours:** M, T, W, Th, F: 10:00 a.m. – 12:00 p.m.

**Phone:** 701-228-5642

**Email:** brock.lemon@dakotacollege.edu

### **Lecture/Lab Schedule:**

Practice time will be scheduled on a weekly basis with practice beginning on October 1st running through a March date determined by tournament schedule.

### **Goal 5: Employs the principles of wellness**

#### **Objective 1: Demonstrates healthy lifestyle and physical wellness**

- Skill 1: Participates in team and/or individual sports
- Skill 2: Demonstrates precise fitness skills in activity classes
- Skill 3: Identifies the differences between healthy life choices and consequences of negative behaviors

## Objective 2: Demonstrates emotional and spiritual wellness

- Skill 1: Exhibits a positive self-concept
- Skill 2: Displays positive qualities of trust, self-confidence, determination, and dedication
- Skill 3: Develops a set of beliefs, principles, or values

**Textbook(s):** N/A

### **Course Requirements:**

The students are evaluated on their participation, effort, attitude, and willingness to learn. Each of the four criteria are weighted at 25%. The students will participate in daily practice sessions, occasional classroom lectures, and a full season of participation including post season play.

### **Tentative Course Outline:**

Official practice will begin in October and continue through the playoffs which could go into the middle of March. There will also be preseason conditioning and open gyms.

### **Relationship to Campus Theme:**

This course stresses the “beyond”. The students will be learning how to communicate effectively with others. They also will be learning the value of lifelong fitnesses and promoting physical, emotion, and spiritual wellness.

### **Classroom Policies:**

The students will be expected to attend all practices, games, tournaments, and team functions. They will conduct themselves in an appropriate manner that reflects sportsmanship and good character.

### **Academic Integrity:**

There will be zero tolerance of any form of academic dishonest. If any evidence appear of students not doing their own work, plagiarism, or outright cheating on exams the matter will be investigated. If it is concluded that such dishonesty occurred, the student in question will receive an automatic “F” for the course. The matter will be reported to the appropriate university office and the instructor will participate in any proceeding against the guilty party.

### **Disabilities and Special Needs:**

Any student with special needs should notify Mr. Johnson during the first week of class to make the proper arrangement to handle these needs.