

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 designed for students of all ages that teaches facts about exercise and physical activity. It is designed to teach students the role of physical activity in maintaining adequate health and improving quality of life. The course is designed to incorporate ideas through lectures 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.

Instructor: Dan Davis

Office: Old Football Building (go out door next to training room, right behind Thatcher Hall.)

Office Hours: By Appointment or stop in (Outside of days I am out recruiting or performing Athletic Director duties, I am in the office from around 10 am thru 5 pm.

Phone: 701-228-5443

Email: danny.davis@dakotacollege.edu

Lecture/Lab Schedule: Tuesday and Thursday: 10 am – 10:50 am

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

Course Requirements:

- Textbook – Fit & Well (Fahey, Insel, Roth), NOT REQUIRED, BUT RECOMMENDED
- Attire – Proper clothing for activities
- Attendance Policy – grade is affected by attendance. Points will be given and not given depending on your appearance in class.
 1. You will be given 4 points a class period for attendance.
 2. Unexcused absences will result in that you will not receive any points for that day.
 3. **If you notify me beforehand about absences, that will benefit your attendance grade. If I am notified prior to class (at least ½ hour before class begins), you will still get 3 points for unexcused absences.**
 4. Excused absences (athletic events, field trips, etc.) are counted neither for nor against you and will not factor into your attendance grade.
- Exams/Quizzes
- Course work and Lab activities

General Education Goals/Objectives:

Goal 1 – to develop the ability to communicate

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

Goal 9 – to develop lifelong learning skills

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: No cell phones will be on, please turn phones off. Participate in class discussions. Please attend all lectures and activities. Hand in all coursework and exams.

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.

Schedule: Majority of time when a chapter is finished we will do a lab assignment. This schedule is subject to change and most likely will at some point.

Week 1: Introductions and Syllabus. (First week activities)

Week 2: Chapter 1

Week3: Chapter 2

Week 4: Chapter 2 and Chapter 3

Week 5: Chapter 3 and Chapter 4

Week 6: Activities

Week 7: Chapter 4

Week 8: Chapter 5

Week 9: Chapter 6

Week 10: Special Topics – Alcohol

Week 11: Chapter 7

Week 12: Chapter 8

Week 13: Chapter 8 and Activities

Week 14: Activities and Presentations

Week 15: Presentations and Special Topics

Week 16: Final Testing and Evaluation