

Dakota College at Bottineau Course Syllabus

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

Number of credits: 2 credits

Course Description: A course designed for students of all ages that teaches facts about exercise and physical fitness. This course is designed to teach the student the role of physical activity in maintaining adequate health and improve quality of life. Also, how to assess, develop and implement a complete lifetime fitness and wellness program and its components. The course is designed to incorporate these ideas through lecture and activity.

Pre-/Co-requisites: None

Course Objectives:

1. To enable the student to understand the role of physical activity in our society.
2. To help the student develop an understanding of the human body, its structure, function, capacities and limitations in relation to physical activity.
3. To acquaint the student in designing an effective program of personal exercise training.

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

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 may affect your grade.)
- Exams
- Course work and Lab activities

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)

Tentative Course Outline: Weekly assignments and Schedule will be on Blackboard.

Week 1-2: Introduction, Chapter 1-2

Week 3-4: Chapter 3-4

Week 4-5: First Exam, Group Assignment, Guest Speaker

Week 6-7: Group Presentations/Videos, Chapter 5

Week 8-9: Chapter 6 -7 Exam/Midterm

Week 10-11: Activity, Chapter 8, Weight room

Week 12-13: Chapter 9

Week 14-15: Chapter 10, Food Labels and Nutrition, Guest Speaker

Week 16: Final Exam and Conclusion

General Education Goals:

- Competency/Goal 5: Employs the principles of wellness
 - Learning Outcome 2: Demonstrates healthy lifestyle
 - Performance Indicator 1: Identifies healthy life choices
 - Performance Indicator 2: Identifies consequences negative health 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.

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.

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.

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.

Let's MAKE IT A GREAT SEMESTER!!