

## Dakota College at Bottineau Course Syllabus

**Course Prefix/Number/Title:** HPER 101-2 Activity (Fitness Walking)

**Number of credits:** 0.50

**Course Description:** This course is designed to teach and apply the principles of lifetime physical fitness, utilizing the five major components of cardio-respiratory endurance, muscular strength, muscular endurance, flexibility and body composition. A variety of health and wellness issues will be addressed. The components of fitness will be met through structured individually paced fitness walking techniques and strength conditioning exercises.

**Pre-/Co-requisites:** None

**Course Objectives:** Each course in the Health and Exercise Studies category of the General Education Plan will provide instruction and

guidance that help students to:

1. acquire the fundamentals of health-related fitness, encompassing cardio-respiratory and cardiovascular endurance, muscular strength and endurance, muscular flexibility and body composition; and
2. apply knowledge of the fundamentals of health-related fitness toward developing, maintaining, and sustaining an active and healthy lifestyle; and
3. acquire or enhance the basic motor skills and skill-related competencies, concepts, and strategies used in physical activities and sport; and
4. gain a thorough working knowledge, appreciation, and understanding of the spirit and rules, history, safety, and etiquette of physical activities and sport.

**Instructor:** Sid Hunter

**Office:** Thatcher 1104 Student Success Center

**Office Hours:** Mon-Fri 8am-4:30pm

**Phone:** 701-228-5636

**Email:** Sidgwick.Hunter@dakotacollege.edu

**Lecture/Lab Schedule:** None

**Textbook(s):** None

**Course Requirements:** None

**Tentative Course Outline:** TBA

**General Education Goals/Objectives:** Goal 5: Employs the principles of wellness.

**Objective 1:** Demonstrate healthy lifestyle and physical wellness. Relationship to Campus Theme: We will be utilizing the Beyond part of the campus theme. The students will be learning the value of lifelong fitness and promoting physical, emotional, and spiritual wellness. The students will be learning how communicate effectively with others.

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**Classroom Policies:** Student will be expected to all classes and attend any other classroom activities.

**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:** There will be zero tolerance of any form of academic dishonesty. If any evidence appears of students not doing their own work, plagiarism, or outright cheating on quizzes/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. Furthermore, the matter will be reported to the appropriate university office and the instructor will participate in any proceedings against the guilty party.

**Disabilities and Special Needs:** Please inform the instructor within the first week of classes if any assistance is required due to disabilities or special needs