



Fall 2000

# HPER 010A: Concepts in Health, Physical Education, and Recreation

Glenn Bouma  
*Dordt College*

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**HPER 10A**  
**Concepts in Health, Physical Education and Recreation**  
**Fall, 2000**

Thursday	August 31	Introduction	Bouma
Tuesday	September 5	Wellness	Altena
Thursday	September 7	Christian Perspective	Visker
Tuesday	September 12	Body Image (QUIZ)	Lantinga
Thursday	September 14	Stress	Rhoda
Tuesday	September 19	Body Composition/Weight Management (QUIZ)	Clemens
Thursday	September 21	Health Related Fitness Testing	Altena
Tuesday	September 26	Health Related Fitness Testing	Altena
Thursday	September 28	Aerobic Fitness	Vander Berg
Tuesday	October 3	Muscular Fitness (QUIZ)	Bouma
Tuesday	October 10	Flexibility	Clemens
Thursday	October 12	Care & Prevention of Injuries (QUIZ)	Vander Berg
Tuesday	October 17	Exercise Adherence	Visker
Thursday	October 19	Health Related Fitness Test - Makeup (QUIZ)	Altena & Bouma

**Course Requirements**

1. Attendance at each class is required by the college as stated in the handbook: "All students are expected to attend all class periods and all laboratory periods."
2. Grading Procedures:
  - a. 5 quizzes @ 15 pts each: 75 points
  - b. Class attendance @ 3 pts each: 30 points
  - c. Must complete the Health Related Fitness Test: Course Requirement
  - d. Grading Scale - Total Points 105
    - A - 94-105
    - B - 84-93
    - C - 73-83
    - D - 63-72
    - F - Below 63
  - e. Glenn Bouma is the contact person for this course. His office is in the Recreation Center and his telephone number is x6310, his email is [gbouma@dordt.edu](mailto:gbouma@dordt.edu).
  - f. Any quiz which is missed must be made up prior to the next quiz.