



Final Grade	Point Percentage	Point Total
A	90-100%	448-500
B	80-89%	398-447
C	70-79%	348-397
D	60-69%	298-347
F	Below 60%	Below 298

### **Bi Weekly Course Instructions**

Instructions for this course will come from the Course Instruction Tab on blackboard. There are many ways to get to the information you will need, but this is probably the easiest way to navigate the course. **These course instructions will cover everything you need to know for this course from the beginning to the end. If you are ever in doubt, please look at these instructions.**

### **Course Evaluation:**

1. There will be three exam days, in the beginning, middle, and end of the semester, each worth 75-100 points (260 points total; 52 % of your overall grade). These tests will be worth more than your regular weekly workouts. Do not miss these tests, as they will account for up to 50% of your overall grade.
2. **Sixteen discussion board posts (2 per week) about your two weekly assigned walks and/or runs, each worth 15 points (240 points total; 48% of your overall grade).** Photos of your results attached to your discussion board post from one of the run tracker apps will be required. Thoughts and details in your discussion posts about your runs will be required to receive full credit. I want to know if your walks/ runs are getting more comfortable as the semester progresses, if you're sore from your workouts, what the weather was like and if it affected you, did anyone run with you, how hard did you push your run, and so on. The location of your walks/ runs and whether you will run there again should also be included in these posts. **Multiple Runs are not allowed to be completed on the same day. There are specific instructions that are given to you when you turn your runs in for credit. Not abiding by these instructions will cause you to get a zero for the assignment.** The primary goal for the discussion portion of the course is to "talk" about what you are feeling on your runs, so it is acceptable to be somewhat informal and conversational; however, check your grammar and spelling and not use text message lingo. Read and respond to others' posts even if it does not directly say to do so in your assignment. Your grades on these assignments will not be based on whether you give correct answers but will be based on your content. Please be sure to use the "Create Message" function to begin a new post, and use the "Reply" function when responding to others. Please be respectful of others when posting on the DB, and keep your content appropriate and on the subject matter. \*(Students who do not comply with this last statement will be dropped from the course.)

### **Be advised – I do not accept late work for any reason.**

A student who stops attending AND stops completing assignments, must take the responsibility of contacting the Registrar's Office to drop the class.

**I do not drop students for non-attendance. It is your responsibility to initiate the drop process if you decide not to complete the course. Students who stop attending and do not complete the coursework will receive an F at the end of the semester.**

**Plagiarism and Cheating:** Students are expected to do their own work on all projects, quizzes, assignments, examinations, and papers. Failure to comply with this policy will result in an F for the assignment and can result in an F for the course if circumstances warrant.

Plagiarism violations include, but are not limited to, the following:

1. Turning in a paper that has been purchased, borrowed, or downloaded from another student, an online term paper site, or a mail order term paper mill;
2. Cutting and pasting together information from books, articles, other papers, or online sites without providing proper documentation;
3. Using direct quotations (three or more words) from a source without showing them to be direct quotations and citing them; or
4. Missing in-text citations.

Cheating violations include, but are not limited to, the following:

1. Obtaining an examination by stealing or collusion;
2. Discovering the content of an examination before it is given;
3. Using an unauthorized source of information (notes, textbook, text messaging, internet, apps) during an examination, quiz, or homework assignment;
4. Entering an office or building to obtain unfair advantage;
5. Taking an examination for another;
6. Altering grade records;
7. Copying another's work during an examination or on a homework assignment;
8. Rewriting another student's work in Peer Editing so that the writing is no longer the original student's;
9. Taking pictures of a test, test answers, or someone else's paper.

**Please see the following links for the South Plains College General Syllabus Statements and the Covid Policy.**

<https://www.southplainscollege.edu/syllabusstatements/>

<https://www.southplainscollege.edu/emergency/covid19-faq.php>