

II. Course Evaluation

A. Attendance/ Participation

- **Daily discussion board post about your assigned workout and run, (42 points total; 42% of your overall grade).** Photos of your results attached to your discussion board post from one of the run tracker apps will be required. **Each screenshot will provide the following: date, time, distance, map, and any other pertinent information.** Thoughts and details in your discussion posts about your runs will be required to receive full credit. I want to know if your workouts and runs are getting more comfortable as the semester progresses, if you are sore, what the weather was like and if it affected you, did anyone workout or run with you, how hard did you push yourself, and so on. The location of your runs and whether you will run there again should also be included in these posts. **These assignments will be due by 11:59pm Saturday night each week. Multiple Runs are not allowed to be completed on the same day. There are specific instructions that are given for the run to receive 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’ post 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 Discussion Board, 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.)

B. Weekly Workout Video

- **Each week you will record yourself doing one workout and upload it to the correct weekly assignment (28% of your final grade).** This video will also have the same general rules as the daily discussion board post and include how you felt, are you getting more comfortable as the semester progresses, if you are sore from the exercises, how hard did you push yourself, and so on. Since this is an assignment no one else is able to view it or give you feedback.

C. Tests

- Tests given will cover the syllabus, text, lectures, and various articles and videos.

D. Post-Physical Fitness Test

- Complete all exercises and compare to your pretest.

II. Attendance/ Participation Policy:

1. There are NO excused absences! All absences are equal. (Absence = 0 participation points)
2. To earn participation points you will need to post a photo of your running app results in the discussion board.
3. In certain situations, classes may be made-up to avoid grade penalties outlined above. (See me if this occurs.)

III. Course Syllabus Statement

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

IV. Covid Information

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