

**THIS COURSE DOES NOT REQUIRE A FINAL EXAM**

# **SYLLABUS**

## **READ THESE INSTRUCTIONS NOW!**

### **1.) YOUR ASSIGNMENTS ARE ON YOUR SYLLABUS SO...**

- a.) Download & Save it
- b.) Read it
- c.) For textual readings, use the "Access Class Downloads" link on your class page. Any additional links will be on your syllabus.

### **2.) COMPLETING WORK**

- a.) Carefully read and get an understanding of what you are being asked to do
- b.) Keep work organized by week, clearly labeled and typed or copy/paste onto your syllabus
- c.) Math and hand done projects: photograph, scan or screenshot and copy/paste to your syllabus.
- d.) Keep images small so your file isn't too large to submit or save work as a PDF.
- e.) Use your class downloads and links as directed. Do not "Google" and plagiarize.
- f.) Go to "Student Services - IPAD/APPLE/GOOGLE Support" to learn to submit work in other formats.

### **3.) SUBMITTING WORK**

- a.) **YOU MUST SUBMIT ALL SIX WEEKS AT ONCE.** Go to the website and select "Student Services" and then "Submit Work".
- b.) You must have completed all 6 weeks of work AND placed it on your syllabus to submit your work for grading using the online form.
- c.) You have two attempts at receiving a passing grade of "C" or better so submit your full effort original work. Work sent without a syllabus and/or disorganized will be rejected and issued a failing grade.
- d.) **MAILING WORK:** You may also COPY your work and MAIL the originals IOHS, PO BOX 759, Saint Helena Island, SC 29920. Mailed work will not be returned and you must include your syllabus.

### **4.) RECEIVING GRADES:**

- a.) The evaluator will grade each weekly assignment and average your grades.
- b.) You will receive a reply in about 5 business days. Do not call or email asking for us to verify your work.
- c.) If you have not received a reply in a week or need help, email "Homework Help" from website
- d.) Your 5 weekly grades must average to a 2 ("C") or better to receive your credit.
- e.) **FINAL EXAMS:** Go to "Student Support – Request Final Exam" after you submit (Math & World LANG)

All components of your course must be completed by the end of the 8<sup>th</sup> week from the time of your registration. If you have a medical emergency or disability preventing you from completing your class, contact “Homework Help” and send an email to request up to a 2-week extension. For urgent matters call or text 773-499-2668 anytime.

## Plagiarism Statement

I understand that I must use research conventions to cite and clearly mark other people's ideas and words within my paper. I understand that plagiarism is an act of intellectual dishonesty. I understand it is academically unethical and unacceptable to do any of the following acts of which **I will be immediately expelled without refund:**

- To submit an essay written in whole or in part by another student as if it were my own.
- To download an essay from the internet, then quote or paraphrase from it, in whole or in part, without acknowledging the original source.
- To restate a clever phrase *verbatim* from another writer without acknowledging the source.
- To paraphrase part of another writer's work without acknowledging the source.
- To reproduce the substance of another writer's argument without acknowledging the source.
- To take work originally done for one instructor's assignment and re-submit it to another teacher.
- To cheat on tests or quizzes through the use of crib sheets, hidden notes, viewing another student's paper, revealing the answers on my own paper to another student through verbal or textual communication, sign language, or other means of storing and communicating information--including electronic devices, recording devices, cellular telephones, headsets, and portable computers.
- To copy another student's work and submit the work as if it were the product of my own labor.

### Week 1

#### USE THE DOWNLOAD TEXTBOOK

#### “Fitness for Life”

#### For all assignments: Do NOT do exercises that require you to lift weights

For your class, use your textbook located with your downloads. Carefully read, practice, and keep record of your work. You are given clear “assignments” which must be TYPED and placed on this syllabus. If asked for a photograph or image, keep them small. Let’s get started

READ: Unit I – Building a Foundation

ASSIGNMENTS: Submit the following

a.) Chapter Reviews: Pages 27 (do all); 51 (do all); 70 (do all – for “Project” make a flyer)

b.) Self-Assessments: Complete in full and keep a journal of how you did and your results. This must be typed and shared on your syllabus. Have someone photograph you completing your self-assessment. Include 3 photographs total for this unit. Pages 11; 36; 57

**ADD RESPONSE/S/ HERE**

**Week 2**

**USE THE DOWNLOAD TEXTBOOK**

**“Fitness for Life”**

**For all assignments: Do NOT do exercises that require you to lift weights**

For your class, use your textbook located with your downloads. Carefully read, practice, and keep record of your work. You are given clear “assignments” which must be TYPED and placed on this syllabus. If asked for a photograph or image, keep them small. Let’s get started

READ: Unit II – Becoming and Staying Physically Active

ASSIGNMENTS: Submit the following

a.) Chapter Reviews: 91 (skip “Project”); 109 (do all); 134 (do all)

b.) Self-Assessments: Complete in full and keep a journal of how you did and your results. This must be typed and shared on your syllabus. Have someone photograph you completing your self-assessment. Include 3 photographs total for this unit. Pages 80; 100; 119

**ADD RESPONSE/S/ HERE**

**Week 3**

**USE THE DOWNLOAD TEXTBOOK**

**“Fitness for Life”**

**For all assignments: Do NOT do exercises that require you to lift weights**

For your class, use your textbook located with your downloads. Carefully read, practice, and keep record of your work. You are given clear “assignments” which must be TYPED and placed on this syllabus. If asked for a photograph or image, keep them small. Let’s get started

READ: Unit III – Moderate & Vigorous Activity

ASSIGNMENTS: Submit the following

a.) Chapter Reviews: Pages 151 (do all); 173 (do all; for “Project” - make a flyer); 196 (Skip “Project”)

b.) Self-Assessments: Complete in full and keep a journal of how you did and your results. This must be typed and shared on your syllabus. Have someone photograph you completing your self-assessment. Include 3 photographs total for this unit. Pages 143; 161; 184

**ADD RESPONSE/S/ HERE**

**Week 4**

**USE THE DOWNLOAD TEXTBOOK**

**“Fitness for Life”**

**For all assignments: Do NOT do exercises that require you to lift weights**

For your class, use your textbook located with your downloads. Carefully read, practice, and keep record of your work. You are given clear “assignments” which must be TYPED and placed on this syllabus. If asked for a photograph or image, keep them small. Let’s get started

READ: Unit IV – Muscle Fitness & Flexibility

ASSIGNMENTS: Submit the following

a.) Chapter Reviews: Pages 243 (Complete “Reviewing Concepts & Vocabulary” only); 271 (do all); 300 (do all)

b.) Self-Assessments: Complete in full and keep a journal of how you did and your results. This must be typed and shared on your syllabus. Have someone photograph you completing your self-assessment. Include 3 photographs total for this unit. Pages 210; 251 (Core Muscle Exercises); 258; 282; 292 (Flexibility Exercises)

**ADD RESPONSE/S/ HERE**

**Week 5**

**USE THE DOWNLOAD TEXTBOOK**

**“Fitness for Life”**

**For all assignments: Do NOT do exercises that require you to lift weights**

For your class, use your textbook located with your downloads. Carefully read, practice, and keep record of your work. You are given clear “assignments” which must be TYPED and placed on this syllabus. If asked for a photograph or image, keep them small. Let’s get started

READ: Unit V – Healthy Choices

ASSIGNMENTS: Submit the following

a.) Chapter Reviews: Pages 325 (do all); 343 (skip “Project”); 361 (do all)

b.) Self-Assessments: Complete in full and keep a journal of how you did and your results. This must be typed and shared on your syllabus. Have someone photograph you completing your self-assessment. Include 2 photographs total for this unit. Pages 312; 352

**ADD RESPONSE/S/ HERE**

**WEEK 6**

**USE THE DOWNLOAD TEXTBOOK**

**“Fitness for Life”**

**For all assignments: Do NOT do exercises that require you to lift weights**

For your class, use your textbook located with your downloads. Carefully read, practice, and keep record of your work. You are given clear “assignments” which must be TYPED and placed on this syllabus. If asked for a photograph or image, keep them small. Let’s get started

READ: Unit VI - Wellness Perspective

ASSIGNMENTS: Submit the following

a.) Chapter Reviews: Pages 387 (skip “Project”); 405 (Complete “Reviewing Concepts & Vocabulary only); 420 (Complete “Reviewing Concepts & Vocabulary only)

b.) Self-Assessments: Complete in full and keep a journal of how you did and your results. This must be typed and shared on your syllabus. Have someone photograph you completing your self-assessment. Include 2 photographs total for this unit. Pages 373, 398 (Relaxation), 413

**ADD RESPONSE/S/ HERE**

READ: Unit VII – Moving Through Life

ASSIGNMENTS: Submit the following

a.) Chapter Reviews: Pages 435 (do all), 453 (skip “Project”), 470 (do all)

b.) Self-Assessments: Complete in full and keep a journal of how you did and your results. The must be typed and shared on your syllabus. Have someone photograph you completing your self-assessment. Include 1 photograph for this unit. Pages 428 (for hoops, you may draw a circle on the ground. For bean bags, make your own with sandwich bags – fill with dirt/sand/or beans)