Nashville State Community College

Course Information
[Division of Behavioral and Social Sciences](#)
Exercise Science
Walking
PHED 1030
Summer 2023
[Academic Calendar](#)

Instructor Information
Name: Brittany Klaus, MEd, ATC, LAT
NSCC Email: brittany.klaus@nscc.edu
Zoom Link: https://nscc-edu.zoom.us/my/**brittany.klaus**
Office Location: Virtual
Office Hours: Vary
Class Session Zoom Link (if virtual): N/A

Course/Catalog Description

A study of and practice in maintaining physical fitness through walking. Topics include the effects of walking on the body.

Course Delivery

Online: PHED 1030 is an online course in which practically all the content and interactions will be accessed through the [NS Online D2L](#) course. This online course is 100% asynchronous. There are weekly lecture videos that are prerecorded and available to view at any time.

Credit Hours: 3 credits
Prerequisites: none

Course Policies

This syllabus sets forth the expectations for course content, work, and grading as well as expectations for student performance and conduct. The syllabus does not constitute a contract between the student and the instructor or the College. The information contained here is subject to change at any time. Students will be notified if any changes are made. Though changes are possible, it is expected that the course will be conducted as described in this syllabus.

Purpose of the Course

The purpose of this course is to provide a general overview of walking and how walking affects the body both positively and potentially negatively. Students will learn skills to measure their heart rate, choose safe and effective routes, and understand nutrition and cross training for overall health. This will allow the students to take classroom material and make real world application for their health.

Structure of the Course

This class is entirely online with prerecorded lectures and PowerPoints available to students to review weekly. In addition to weekly lectures there are also weekly discussion posts which act as "attendance" for this online course. Discussion posts will provide a forum for classmates to discuss the material and also ask the instructor for further clarification if needed. The major focus of the course is walking required miles each week and documenting these via the MapMyWalk app.

Weekly discussion posts and walking requirements open on Monday of each week and both are due the following Sunday at 11:59pm. Please note that 11:59pm is not midnight. Students often will be late because they assume they have just one more minute to submit before midnight.

Required Textbook(s) & Other Materials:

Once enrolled, all students should verify that they have the correct textbook and materials information by consulting the D2L/NS Online shell for the course.

Textbook(s): None
ISBN: None
Reference Materials: Provided links, PowerPoints, lecture videos on D2L
Supplies: none

Textbook Information

Before courses begin, you should make sure you have the correct textbook and materials for each course. You can look up your courses on the bookstore's website using your A# or by entering your course information.

Accommodation and Accessibility Needs

If you are registered with the Access Center and require an alternate format for the textbook and other course materials, please contact the Access Center as soon as possible at 615-353-3363, or accesscenter@nscc.edu.

Honors Option

Honors credit is available in some classes. If you are interested in participating in the Honors Program, please contact your instructor within the first four weeks of class.

Learning Objectives (Course Level Learning Outcomes)

To successfully complete this course, the student is expected to:

1. Identify and utilize proper equipment, routes, and precautions for successful walking as a fitness component.
2. Analyze physiological data including heart rate and physical exertion scales for individual use during walking.
3. Apply proper cross training and nutrition principles for whole life wellness.
4. Develop ongoing plan for walking as a priority in student's fitness plan.

The following are general education or detailed course competencies intended to support the course outcomes:

This course also provides an opportunity to apply planning and problem solving skills in personal situations. Additionally, the purpose of the activities is to provide the student with the experience to use critical skills in self-evaluation of fitness plan. The course will also assist the students in developing written and oral communication skills.

Course Policies

As students in this course, you should strive to obtain as much knowledge and improve skill sets that will aid your growth in personal knowledge and focus in terms of your fitness plan. As a NSCC student working in an online environment, you should be courteous, thoughtful, detailed, and diligent throughout your coursework. Lack of initiative or motivation will surely impede your opportunity to complete this course successfully.

Student Responsibilities

My goal is for you to excel in this class and to develop a plan for your chosen fitness path and consider walking as a large portion. However, you have the major responsibility for doing well. Achievement of course objectives will require you to know what you need to do to improve your performance and actually do it. You cannot meet the objectives of this course by being a passive learner. As the semester progresses, you should be able to implement several ideas to improve your performance. In addition, you are expected to ask questions to clarify expectations, evaluations, or other aspects of the course not clear to you. Poor planning on your part does not constitute an emergency on mine. Please communicate ahead of time if you are struggling and don't hesitate to reach out for extra help. Nashville State provides many student resources for academic and personal support; see the "Nashville State Community College Resources" section of this syllabus for more information.

Academic Integrity and Student Authentication

Academic integrity is expected at its highest level in this course. As a student you are expected to understand plagiarism and how to avoid it in your assignments. If you are unsure if you have

cited correctly, please utilize NSCC resources such as the Library or the instructor also recommends the Purdue OWL website for an easy resource (https://owl.purdue.edu/owl/purdue_owl.html). This course does utilize scholarly writing and plagiarism detection tools including Turnitin. Any student found to have plagiarized will receive a zero for the assignment.

Contact Preferences

Email is preferred as my primary mode of contact. Be sure you use your NSCC student email and put "(PHED 1030 and section such as N01, A01, etc)" in the email header. State your question or issue in detail so I can answer it effectively. Reply times may vary from 24-48 hours but I may answer you sooner if I am available. Any questions after Friday afternoon may have to wait until the following Monday morning. *Please note that D2L email is not the same as using your student Outlook email.* I prefer you to email me via your student Outlook email as it comes to my phone directly. D2L email requires me to log in and I receive no immediate notification. I do my best to check both consistently but if you require a quicker answer, I suggest using Outlook. I am also available to meeting virtually through Zoom but only by appointment.

Instructor Presence/ Communication Plan

It is my hope that you will find this class to not just be a "check list" of things to do for a grade but rather you will find it to be interactive and feel like a classroom. Each Monday there will be an updated News announcement and email that updates students on the previous week (grades posted, feedback from previous work for the whole class, etc.) as well as an announcement for what is upcoming in that week. As I expect you to be timely in completing assignments, I will also be timely in completing my feedback and grading. Students can expect a grade within 2-3 days of an assignment's due date. Rubrics with feedback will be available for students to see where specific deductions are taken. If a student would like to talk "live" with the instructor, please email me with 3 specific dates and times you are available and we will work together to meet via Zoom.

Participation/Attendance

To the extent that attendance is kept in this class it is not for the purpose of the College but is instead associated with the instructor's individual grading rubric. The attendance policy for this class is:

Participation in this course is dependent entirely upon the student. Along with the required readings and assignments, this course will challenge you to consider your fitness plan. You should make it a point to regularly login to the NS Online course (at least 3 times a week) to check course announcements, posts and respond to weekly assignments, and to communicate effectively with the class and the instructor. Online courses do abide to the Code of Federal Regulations (see NSCC Student Course Engagement Record-Keeping and Reporting) and will be required to submit assignments within the first three weeks of the semester within NS Online D2L.

Time Management/Expectations

This online course may require approximately 3-6 hours a week to complete all necessary assignments. Just like in face-to-face courses, students may be expected to expect 2-3 hours of homework per credit hour on average in a college course. Associated weekly readings and assignments will also be expected to be completed quickly so plan accordingly. **Pro Tip:** Treat this course like a part-time job and set aside several hours a week to dedicate to completing your projects and weekly assignments. Some weeks may be lighter than others, but the work ethic you represent will affect your ability to meet the course learning objectives and successfully pass this course. I also suggest setting a weekly repeating alarm in your phone for Friday or Sunday afternoons to remind yourself to make sure all assignments are completed for the week.

Late Work

While it is expected that the student and instructor will adhere to the set course schedule and deadlines in the syllabus, life happens. The instructor requests that you reach out via email as soon as possible if you are unable to complete assignments by the stated deadline. Late work will only be accepted with advanced notice. Deadlines for work are meant to be a respect to both the instructor and the student. In respect to the instructor who must thoroughly review and grade each assignment for an accurate grade. For the student the timeline allows for work to not pile up and also adequate time for clarification or questions regarding the assignment. The purpose of requiring advanced notice is to encourage students to be proactive. Please reach out to me if you anticipate not getting an assignment, exam, or a quiz done on time. For example, many students work full time jobs, have a family, or have other responsibilities that they are trying to give full effort to in addition to school. If on a Tuesday you see that work is especially busy, there is a surprise soccer tournament for your child this weekend, etc. and you do not think you'll be able to get your work in on time reach out on Tuesday when you realize! This allows me to work with your schedule to set reasonable new deadlines for you. If you must turn in your work late and you have communicated at least 24 hours in advance there will be no penalty. If there is less than 24 hours notice of the due date/time a maximum score of 85% will be given. It is simply unfair to students who were able to be proactive and give notice for everyone to receive the same grade.

The only assignment that will not be available for late work credit is **weekly discussion posts**. As this is an online course, these discussion posts are considered "attendance" grades for a specific week and thus cannot be made up on a subsequent week.

Document Formatting

There is a final paper for this course. The student is expected to submit this paper with proper formatting and intuitively applying APA, MLA, or AMA formatting when required. If the instructor has a hard time deciphering your work, it may count against you. Spelling, grammar, and punctuation are important so make the effort to submit your best efforts.

Student Netiquette

I expect you, and your peers, to act as professionals throughout the entirety of the course. This includes posting weekly contributions for team communications, discussion contributions, appropriate planning methods among group members, consistent documented progress, and meeting of all established milestones and deadlines. In this course, you are expected to comply with the NSCC Standards for Netiquette, which emphasizes respect, dignity, and integrity.

It is important to utilize professional and courteous etiquette when interacting in class. This is not a text message or social media post. Please utilize appropriate vocabulary, spelling, and word choice. A simple way to remember this is to write academically not conversationally.

For discussion posts: the student is encouraged to write 1-2 full paragraphs with full explanation of their opinion to the given question(s). Utilizing academic language such as "the text says," "the lecture mentions," or quoting from class materials helps support your discussion posts. Interaction with other classmates' posts is encouraged but not required. Please avoid negative and inflammatory language in your posts and replies. Remember that we can disagree civilly, and disagreement requires critical thinking and reasoning so make sure to include your full ideas.

Assignment Descriptions

For each of the activities listed below, be sure to follow the deadlines provided on the **Course Schedule**, which is available at the end of this syllabus. Missed activities will result in a zero grade. See additional penalties and policies listed under the Late Work section of this syllabus.

Formative Assignments

- *Discussions:* Discussions in this class have a two-fold purpose. First, discussions act as "attendance" for the week. As such it is important for students to post thoughtful responses to the prompt that show the student is engaging with the course content given. Students should be careful not to rely on Google searches but rather reference weekly PowerPoints, lectures, and the textbook. Because this class is fully online, discussions also provide a forum for students to connect. My hope is that study groups and study partners will be formed if possible, outside of class. Connection with classmates helps students succeed! Discussion posts open on Monday and close Sunday evening at 11:59pm. Because this is an "attendance" grade you are only required to post one time on the forum but it is required that you reply to classmates!

Summative Assignments

Any submitted assignments that are final submissions and will be graded according to the provided rubrics for each assignment.

- *Final Paper:* Instead of a comprehensive final exam, students are expected to complete a final reflective paper. The purpose of this paper is for students to reflect and plan for future fitness goals using the skills and information from the entire semester.

- *Heart Rate Assignment*: It is crucial for students to understand how to measure their heart rate (both resting and target) for general health but also improving fitness. Students will calculate both and also utilize the Borg scale to measure exertion during a walk.
- *Weather Assignment:* The purpose of these assignment is to understand climate and weather as it relates to safety and planning for outdoor recreation including walking.
- *Cross Training Assignment:* Students will explore other forms of fitness to enhance their walking plan.
- *Food Log Assignment:* Nutrition is a vital part of overall health. In this assignment students will log their nutrition for one week to analyze trends and identify possible changes.
- *Fitness Calendar Assignment:* Students will map out an ideal fitness calendar including walking for 1 week for future goal setting in their fitness.
- *Weekly Miles (MMW app):* As the focus of this course is walking, there are weekly required miles each student must walk OUTSIDE of their normal walking for work, school, etc. These should be dedicated fitness miles in which the student records their time, distance, etc using the MapMyWalk app. The instructor and student will become "friends" on the app in the first week of the course in order for the instructor to grade each week's miles. Five (5) miles are required by each student each week.

Grading Policy and Feedback

There are several gradable elements in this course, but the majority of your grades will come from weekly work so be sure to follow the associated rubrics. You will have multiple times throughout the semester to receive feedback from the instructor to improve your work and you should strive to reflect and improve your own learning when given these opportunities.

Rubrics

This class uses rubrics. A rubric is a scoring guide for assignments that details criteria for earning points. Rubrics will be available for the weekly planner and food log assignments as well as the final paper. These rubrics will be available on NS Online D2L for your review prior to submission of the assignment as well as after grading with instructor feedback. I highly recommend you utilize these before submitting to make sure you maximize your points.

Grading Scale and Distribution

Grade Totals: Each assignment in the course will count towards a calculated total.

- Discussions: 70
- Walking Miles (MapMyWalk app): 70
- Heart Rate Assignment 20
- Weather Assignment 20
- Cross Training Assignment 20
- Food Log Assignment 20
- Fitness Calendar Assignment 20

- Final Reflection Paper: 60
- *Total: 300 points*
  **Extra Credit at Instructor's Discretion

Grade Scale

Letter Grade	Percentage Range
A	90-100
B	80-89
C	70-79
D	60-69
F	59 or below

- FA (never withdrew)
- FN (never attended)

According to NSCC policy, an FA is awarded to students who do not officially withdraw from a course and do not attend after the cut-off date provided in the academic calendar. Please refer to the current academic calendar available on the Nashville State web site, looking for the date that indicates it is the "Last Day to Earn F for Attendance (FA)." Students who stop attending on or before this date receive an FA; students who stop attending after this date receive an F. An FN is awarded to students who never attended class.

For online courses, attendance is defined by submission of assignments. Students who fail a course and whose last assignment is submitted on or before the FA date will earn an FA for the course. Students who fail a course and whose last assignment is submitted after the FA date will earn an F for the course. An FN is assigned to students who do not submit any assignments.

Nashville State Community College Resources
You do not have to tackle the challenges of higher education alone! There are many resources available to Nashville State's online students, from tutoring to counseling to address academic honesty. You are encouraged to utilize the available student and academic support services throughout the semester as needed. This information will also help students access D2L support and technology resources including minimal expectations of learner technology skills, links to software applications, and technology requirements for D2L compatibility and services offered to students at Nashville State.

Technology Support
The NSCC Help Desk assists students and employees for campus systems as well as help with student personal equipment used for coursework. Help Desk Technicians offer remote troubleshooting assistance via phone, email, and remote desktop. Email support is strongly encouraged by contacting helpdesk@nscc.edu.

Technology Statement

- All classes at the NSCC are web enhanced.
- It will be essential for students to have access to a computer and an internet connection to complete assignments, engage in online discussions, and access various course materials and technologies through D2L/NS Online course shells.
- Students may also be required to use free video conferencing platforms (ex: Zoom, Teams) for classes and meetings.
- Students will be responsible for appropriate dress while on video, to ensure a distraction free environment (mute sound as needed) and to ensure their background is neutral for others to view.
- If you have questions or concerns regarding access to a computer or internet resources, please review Nashville State's Laptop Loaner Program and Internet Access information or contact your instructor.
- Certain publisher materials or supported technologies may not work on cellphones, mobile devices, or Chromebooks.

Minimum Technology Requirements

Students taking courses that utilize online learning will be required to access a reliable computer and high-speed internet. You should have or will acquire the following technology skills throughout this course:

1. Downloading and installing software applications.
2. Using Microsoft Office 365 (or similar alternative software) to draft and save in multiple file formats.
3. Copying and pasting between documents and D2L. To **select all** press and hold *Ctrl* (the control key) on the keyboard and then press the *A* on the keyboard. To **copy**, press and hold *Ctrl* and then press the *C* on the keyboard. To **paste**, press and hold down *Ctrl* and then press *V*.
4. Communicate effectively using a webcam and microphone in synchronous interactions using supported video conferencing tools (Zoom or Microsoft Teams) to participate in video conferencing sessions, view recordings, or create recordings (if applicable).
5. Using D2L to upload files, post to discussion boards, complete tests, and submit files and assignment entries (where applicable).
6. Using NSCC email accounts to communicate with your instructors.

You should also have access to the following software and hardware:

- *Computer or Laptop; Chromebooks or mobile devices may not be sufficient.*
- *High-Speed Internet*
- ***Internet Browsers:*** *Google Chrome and Firefox are the recommended browsers to use with NS Online D2L.*
- *Install Office 365 (free)*
- ***Mandatory Accessory:*** *Webcam (built-in or external),*

- *Recommended Accessory: Noise-cancelling headphones/microphone (external, not one built into your computer)*
- *Student Wi-Fi Zones*
  - *[White Bridge Campus](#)*
  - *[Southeast Campus](#)*
  - *[Clarksville Campus](#)*
  - *[Humphreys County Campus](#)*

NS Online/ D2L

It is students' responsibility to check D2L/NS Online course shells for all enrolled courses and myNSCC, including student email, on a regular basis. These are the official communication channels between the college and students, who are responsible for the information communicated through those channels. D2L/NS Online contains specific course information and myNSCC contains information important for other purposes.

To register or access Nashville State online courses, go to [NS Online](#). NSCC web courses have a "W" section number. Any course ending with section number R50 is a TN eCampus course.

Student Email

Find student email within Office 365. Use your student email address as the login ID and your myNSCC password. Download the Microsoft Office suite once you are logged in by clicking the "Office 365" download link on the upper left.

Computer Lab Access

Computers are available for student use at each campus during campus open hours. Open computer lab availability may vary from campus to campus. Students should check NSCC website for current hours of operation.

- **White Bridge Campus** [WBR Library Computer Sign Up](#)
- **Southeast Campus** Call 615-916-5865 or email John.Cherry@nscc.edu for an appointment.
- **Clarksville Campus** Call 931-472-3556 or email Reginald.Mclain@nscc.edu for an appointment.
- **Dickson Campus** Call 615-740-5998 or email DicksonCampus@nscc.edu.
- **Humphreys County Campus** Call 931-296-1739 ext. 311 or email Bryan.Trout@nscc.edu.

NSCC Support Services

Listed below are Nashville State support service and policies. These support services are listed for your benefit should you feel the need to use them. These services or policies may change or be updated periodically. The instructor reserves the right to change or adapt materials within the course as needed.

John E. Mayfield Library

- [Mayfield Library](#)

- [Library Services](#)

Equity Statement

Nashville State Community College has a relentless commitment to the transformation of our institution through the intentional design of college experiences that expect and promote excellence from students, faculty, staff, and administration. We consider equity to be an obligation of higher education. We strive to ensure that each student receives what that student needs to be successful, with goals of success beyond the classroom. We do this through an evidence-based and collaborative effort, understanding that our student population has diverse needs that must be addressed. We recognize that this effort may not always be comfortable and that partnering with students is the driving force to overcome barriers to success.

Academic Freedom

"Teachers are entitled to freedom in the classroom in discussing their subject, but they should be careful not to introduce into their teaching controversial matters which have no relation to the subject." The preceding comes from the [American Association of University Professors' statement on academic freedom](#). Though the entire statement speaks to many issues, it is this portion on the conduct of the course that is most relevant. This means that faculty members have the right to conduct their classes in a fashion they deem appropriate as long as the material presented meets the learning objectives laid out by the entire faculty.

ADA Compliance Statement

Nashville State complies with the Americans with Disabilities Act (ADA). Nashville State complies with the Americans with Disabilities Act (ADA) and so provides accommodations for students with a documented physical, emotional, and/or learning condition. If you require accommodations for any courses in which you are enrolled, contact the [Access Center](#) at 615.353.3741 or 615.353.3721, or e-mail accesscenter@nscc.edu. If you are registered with the [Access Center](#) and require an alternate format for the textbook and other course materials, please contact the Access Center.

Academic Misconduct

Any form of academic dishonesty, cheating, plagiarizing, or other academic misconduct is prohibited. Students are responsible for understanding and abiding by the [Academic Misconduct Policy](#) in the Nashville State Student Code of Conduct. In addition to other possible disciplinary measures that may be applied through regular college procedures as a result of academic dishonesty, the instructor has the authority to assign an "F" or a "zero" for the exercise, paper, or examination, or to assign an "F" for the course. Students may appeal through the appropriate college grade appeal procedures.

Classroom Misconduct

Nashville State Community College has a zero-tolerance policy for disruptive conduct in the classroom. Students whose behavior disrupts the classroom will be subject to disciplinary

measures. Please review the [Nashville State Student Code of Conduct policy](#). Please be aware that children are not allowed in class or to be left unattended on campus.

Sexual Misconduct Policies

It is the policy of Nashville State Community College, in order to maintain an environment in which the dignity and worth of all members of the institutional system are respected, that sexual harassment of employees or students is prohibited. Such conduct is a form of behavior, which seriously undermines the atmosphere of trust essential to the academic environment. This policy is consistent with federal and state laws prohibiting sex discrimination. It is also a policy of the University that willful false accusation of sexual harassment shall not be condoned. Review [NSCC's Sexual Misconduct Policies.](#)

Copyright

Nashville State Community College urges everyone in its community to abide by the computer acceptable use policy and comply with copyright law. Copying or sharing music or other copyrighted material, including software, without a permissible copyright defense, such as Fair Use, or a valid license, is not only a violation of the colleges and the Tennessee Board of Regent's policies, but also illegal. It may have dire personal consequences and jeopardize the individual's continued enrollment or continued employment, as well as future job prospects.

[Acceptable Use Policy](#) (PDF)

Student Support Services

[Student Support Services](#) include resources you may need through the NSCC Foundation and include Campus Cupboard, Child Care Assistance, Textbook Assistance, Transportation Assistance, Community Support Services by County, Mental Health Resources, Health Insurance, Financial Empowerment Center, Support from Monroe Harding, and Homeless Student Liaison.

At the [Student Success Center](#), we'll connect you to resources and opportunities to maximize your success at Nashville State. At the center you will find our Student Success Advisors, Financial Empowerment Counselors, and Student Resource Managers.

Student Wellness

The general well-being of students is an important component of their academic success. Nashville State Community College has several resources available to provide support when needed:

- [Tutoring options and appointments](#)
- [Academic and student resources](#) for school
- [Support services](#)

Student Online Resources

- [NS Online D2L Tech Support](#)

- [Learning Center and Tutoring](#)
- [Student Resources for NS Online and Zoom](#)
- [Zoom Basics Tutorial](#)
- [Accessing myNSCC Email and Office 365](#)
- [Free Microsoft Office 365 Applications for Students](#)
- [How to Read Your Schedule](#)
- [myNSCC Quick Start](#)
- [Get Started with NS Online](#)
- [How to Purchase Textbooks](#)
  - Contact the Bookstore at bookstore@nscc.edu
- [Learning Center/ Tutoring](#)

ON-CAMPUS RESOURCES

Find what you need on-campus with these [Nashville State resources](#) for students and faculty. Search for jobs at the Career Services Office, find that umbrella at the NSCC Lost and Found or buy textbooks at the bookstore.

Financial Aid and Attendance

The College is not an attendance taking institution as defined by [34 CFR 668.22(b)(1)](#) in the Code of Federal Regulations; however, students are expected to attend all scheduled classes and laboratories.

- Absences in a course may affect a student's final grade.
- Tardiness may also affect a student's final grade.
- Students are responsible for all work/tests that occur during any missed class session(s) regardless of reason(s) for absence.
- Students who are sick or not well enough to attend class must notify the instructor as soon as possible before the scheduled class time, unless incapacitated or unable to do so. In that case, students must contact the instructor as soon as reasonably possible.
- If a student has an unavoidable conflict with a scheduled class session, students must notify the instructor, preferably before the class session, or as soon as possible.

For purposes of financial aid continued attendance is determined via engagement in the course. This can be accomplished in several ways including, but not limited to, continued attendance and/or participation in on-ground class sessions, participating in D2L as prompted (e.g., responding to an instructor's email, posting to a discussion board), and/or completing and submitting assignments.

Academic Early Alert System

Nashville State Community College uses an Early Alert System to let students know of a faculty member's concern in one or more of these academic areas: lack of attendance, lack of classroom participation, late or missing assignments, and/or poor performance on

assignments/tests. *Please note that Early Alerts do not affect a student's academic standing. If you receive an Early Alert email, please see your instructor and your academic advisor as soon as possible.

Class Cancellation Policy

If the class is cancelled, the instructor will notify all students by posting in the D2L/NS Online course or e-mailing through D2L/NS Online. In the event of class cancellation, students must access D2L/NS Online to complete classwork and the assignment that will be posted in the course D2L site.

Inclement Weather, Campus Closings, and RAVE

Emergency events can happen at any time, and Nashville State Community College wants to notify students if and when they occur. For this reason, all students have been enrolled in the free RAVE alert system. Nashville State will use the RAVE alert system to send a text message to students, staff, and faculty about adjusted hours of operation and/or closings at individual campuses. All students should check the Nashville State web site home page at www.nscc.edu for announcements on campus closures, which may vary from campus to campus. Campus closures will also be announced on local television stations. Students should use their own best judgment in determining whether to report to campus during inclement weather when classes are not cancelled.

Your RAVE Username is your NSCC email address. If you have never received an email from RAVE with your password, or if you need to reset your password, select "Forgot your password?" and a new password will be emailed to you. Should the RAVE system indicate "user not found", select Register and create your own RAVE account.

Even when campuses are closed, students are still responsible for completing all assigned work. When classes are cancelled, faculty will post online assignments and any additional instructions in the D2L/NS Online course shell. Check D2L/NS Online for a message from your instructor regarding your online assignment requirements. Faculty have discretion over adjusting deadlines or due date for assignments, but students are responsible for completing all assigned work by the due date established by the instructor.

Coronavirus Resources

Nashville State Community College continues to monitor COVID-19. We encourage faculty, staff, and students to remain vigilant with personal health. Please refer to the latest Coronavirus Resources for the latest updates at Nashville State Community College. Students who have been exposed to COVID-19 or who have tested positive must email virusinfo@nscc.edu.

- Latest news and updates
- Responsible Return to Campus Phase Plan
- Current status for campuses

- [Campus safety requirements](#)
- [What students need to know (Phase 2 &3)](#)
- [How to self-report for COVID-19](#)

Class Schedule (subject to change)

Week of	Class Topic/Chapters	Due Weekly (Sunday at 11:59pm)	Exams/Other Assignments Due (Sunday at 11:59pm)
Week 1	Week 1 PP/Lecture Videos	Discussion 1 Weekly Miles (MMW app)	
Week 2	Week 2 PP/Lecture Videos	Discussions 2 Weekly Miles (MMW app)	*Heart Rate Assignment*
Week 3	Week 3 PP/Lecture Videos	Discussion 3 Weekly Miles (MMW app)	*Weather Assignment*
Week 4	Week 4 PP/Lecture Videos	Discussion 4 Weekly Miles (MMW app)	*Cross Training Assignment*
Week 5	Week 5 PP/Lecture Videos	Discussion 5 Weekly Miles (MMW app)	*Food Log Assignment*
Week 6	Week 6 PP/Lecture Video	Discussion 6 Weekly Miles (MMW app)	*Fitness Calendar Assignment*
Week 7	Week 7 PP/Lecture Video	Discussion 7 Weekly Miles (MMW app)	**Final Paper Due Friday!**

Important Dates:

6/12- Last date to withdraw without "W" appearing on transcript

7/14- Deadline to withdraw and receive a W, Deadline to file for Fall 2023 Graduation

Note: The instructor reserves the right to make changes on this syllabus as needed.