College of Charleston
ST: Couch to 5k
Spring 2017 2 Semester Credit Hours

**Time and Place:** Monday, Wednesday, Friday 8:00 AM - 8:50 AM Physical Education Building Room 105

**Instructor:** Mr. Michael Tornifolio M.Ed.

**Office Hours:** Monday and Wednesday 9am-11am, or email/call to set up an appointment

**Office:** TD Arena second floor room 221

**Phone and E-mail** (843) 953-9562 (Mr. Tornifolio's Office) tornifoliomk@cofc.edu

**Prerequisites:** None.

**Grading:** A, A-, B+, B, B-, C+, C, C-, D+, D, D- and F.

**Course Description:** This course is designed to help the individual with learning and experiencing different styles of training to help with their ability to run a 5k.

**Course Objectives:** Educational opportunities within the course are designed to prepare the student to:

1. Learn proper training modalities
2. To elevate individuals fitness level
3. To complete a 5k at the end of this semester

**Student Learning Objectives**

1. The student taking this Special Topics: Couch to 5k, will be able to complete a 5k at the end of the class
2. The student taking this Special Topics: Couch to 5k class will learn how to train different modalities associated with cardiovascular training
3. The student taking Special Topics: Couch to 5k, will learn how to set up a training plan that allows them to continue to stay fit at the completion of this class.

**Grading**

Students will be graded by the following

1. Mileage: 70 points
2. Homework: 30 points
3. Attendance: 60 points
4. 5k: 40 points
   Total: 200
Evaluation Scale:

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<thead>
<tr>
<th>Grade</th>
<th>Range</th>
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<tbody>
<tr>
<td>A</td>
<td>90-100%</td>
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<tr>
<td>A-</td>
<td>88-89%</td>
</tr>
<tr>
<td>B+</td>
<td>85-87%</td>
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<tr>
<td>B</td>
<td>80-84%</td>
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<tr>
<td>B-</td>
<td>78-79%</td>
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<tr>
<td>C+</td>
<td>75-77%</td>
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<tr>
<td>C</td>
<td>70-74%</td>
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<tr>
<td>D+</td>
<td>66-67%</td>
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<tr>
<td>D</td>
<td>64-65%</td>
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<tr>
<td>D-</td>
<td>62-63%</td>
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<tr>
<td>F</td>
<td>less than 62%</td>
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</tbody>
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Attendance: Attendance is critical. Failure to attend a scheduled class session will result in a loss of points. See me prior to the start of this course if you participate in an activity that may cause a problem with attendance. Refer to the current Student Handbook for information on student responsibility regarding absences. Mileage will be tracked by Map My Run.

Tardiness to class is not acceptable. Habitual tardiness will be handled on an individual basis. Please refer to the current copy of the Student Handbook for proper guidelines for students regarding classroom behavior and expectations. After the first tardy, 5 points will be taken from the student’s total point value for each subsequent tardy. Student is considered tardy after 8:05am.

Make-ups: Make-up work is allowed at the discretion of the professor. Only extenuating circumstances warrant a make-up. It is the student's responsibility to see the instructor if he/she has missed any work. Contact with the professor must be timely--as soon as the student returns to school after an absence or during an absence, if possible.

Honor System: Students must do their own work. Please see the 2015-2016 Student Handbook - (Academic Honor System) for a description of the College’s Honor System, which is fully supported in this class.

College of Charleston Honor Code and Academic Integrity

Lying, cheating, attempted cheating, and plagiarism are violations of our Honor Code that, when identified, are investigated. Each incident will be examined to determine the degree of deception involved.

Incidents where the instructor determines the student’s actions are related more to a misunderstanding will handled by the instructor. A written intervention designed to help prevent the student from repeating the error will be given to the student. The intervention, submitted by form and signed by both the instructor and the student, will be forwarded to the Dean of Students and placed in the student’s file.

Cases of suspected academic dishonesty will be reported directly by the instructor and/or others having knowledge of the incident to the Dean of Students. A student found responsible by the Honor Board for academic dishonesty will receive a XF in the course, indicating failure of the course due to academic dishonesty. This grade will appear on the student’s transcript for two years after which the student may petition for the X to be expunged. The student may also be placed on disciplinary probation, suspended (temporary removal) or expelled (permanent removal) from the College by the Honor Board.
Students should be aware that unauthorized collaboration--working together without permission-- is a form of cheating. Unless the instructor specifies that students can work together on an assignment, quiz and/or test, no collaboration during the completion of the assignment is permitted. Other forms of cheating include possessing or using an unauthorized study aid (which could include accessing information stored on a cell phone), copying from others’ exams, fabricating data, and giving unauthorized assistance.

Research conducted and/or papers written for other classes cannot be used in whole or in part for any assignment in this class without obtaining prior permission from the instructor.

Students can find the complete Honor Code and all related processes in the Student Handbook at http://www.cofc.edu/generaldocuments/handbook.pdf

This College abides by section 504 of the Rehabilitation Act of 1973 and the Americans with Disabilities Act that stipulates no student shall be denied access to an education “solely by reason of a handicap.” Disabilities covered by law include, but are not limited to, learning disabilities and hearing, sight or mobility impairments. If you have a documented disability that may have some impact on your work in this class and for which you may require accommodations, please see an administrator at the Center of Disability Services, (843) 953-1431 or me so that such accommodation may be arranged.