

COURSE OUTLINE

Walking & Jogging VC02 – Fall Two 2021

WEEK OF:	WORKOUT ASSIGNMENTS (Map My Walk)	DISCUSSION BOARD ASSIGNMENTS	EXAMS
October 11 – October 17	Three (3) workouts must be completed and submitted by student between 12:01am on 10/11/21 and before 11:59pm on 10/17/21.	Discussion board entry must be submitted no later than 11:59pm on 10/14/21. Response to another classmate due no later than 11:59pm on 10/17/21.	
October 18 – October 25	Three (3) workouts must be completed and submitted by student between 12:01am on 10/11/21 and before 11:59pm on 10/17/21.	Discussion board entry must be submitted no later than 11:59pm on 10/18/21. Response to another classmate due no later than 11:59pm on 10/25/21.	
October 26 – October 31	Three (3) workouts must be completed and submitted by student between 12:01am on 10/11/21 and before 11:59pm on 10/17/21.	Discussion board entry must be submitted no later than 11:59pm on 10/26/21. Response to another classmate due no later than 11:59pm on 10/31/21.	
November 1 – November 7	Three (3) workouts must be completed and submitted by student between 12:01am on 10/11/21 and before 11:59pm on 10/17/21.	Discussion board entry must be submitted no later than 11:59pm on 11/01/21. Response to another classmate due no later than 11:59pm on 11/07/21.	
November 8 – November 14	Three (3) workouts must be completed and submitted by student between 12:01am on 10/11/21 and before 11:59pm on 10/17/21.	Discussion board entry must be submitted no later than 11:59pm on 11/08/21. Response to another classmate due no later than 11:59pm on 11/14/21.	
November 15 – November 21	Three (3) workouts must be completed and submitted by student between 12:01am on 10/11/21 and before 11:59pm on 10/17/21.	Discussion board entry must be submitted no later than 11:59pm on 11/15/21. Response to another classmate due no later than 11:59pm on 11/21/21.	
November 22 – November 28	Three (3) workouts must be completed and submitted by student between 12:01am on 10/11/21 and before 11:59pm on 10/17/21.	Discussion board entry must be submitted no later than 11:59pm on 11/22/21. Response to another classmate due no later than 11:59pm on 11/28/21.	
November 29 – December 5	Three (3) workouts must be completed and submitted by student between 12:01am on 10/11/21 and before 11:59pm on 10/17/21.	Discussion board entry must be submitted no later than 11:59pm on 11/29/21. Response to another classmate due no later than 11:59pm on 12/05/21.	
December 6 – December 11			<p>Written Final Exam will open on Blackboard on 12/6/21 at 8:00am and must be completed no later than 11:59pm on 12/11/21.</p> <p>FINAL workout must be completed and submitted between 12:01 am on 12/6/21 and before 11:59pm on 12/11/21.</p>