



Course Syllabus: Techniques & Strategies of Fitness & Conditioning Activities Gordon T. &  
Ellen West College of Education  
KNES 2423 Section 101  
Fall 2025

**Contact Information**

Instructor: Dr. Sandra Shawver

Office: Bridwell Hall 321

Office hours: Monday 9:00 – 10:30 am, Wednesday 2:00 – 3:30, Thursday 2:00 – 4:00 pm

Office phone: (940) 397-4941

E-mail: [Sandra.shawver@msutexas.edu](mailto:Sandra.shawver@msutexas.edu)

**Class Meeting Information**

Tuesday 8:00 am-9:20 am

Dillard College of Business: Room 131 & D.L Ligon Coliseum 101 (Don Flatt Gym)

In addition, the hybrid/online modules and discussion boards will be done in McGraw Hill Connect and D2L.

Each course week begins on Monday morning at 12:00 a.m. and ends on Sunday night at 11:59 p.m.

**Instructor Response Policy**

During the week, I will typically respond to your emails within 24-48 hours. Any emails received over the weekend will receive a response no later than Tuesday, 6:00 PM. Emails received on holidays typically will receive a response no later than 6:00 PM on the second business day after the holiday.

**Required Course Materials**

Lochbaum, M. (2020). *Connect Get Active w/Access* (3<sup>rd</sup> ed.). New York, NY: McGraw-Hill Companies.

Required digital materials for this course are part of the Courseware Access and Affordability Program at MSU Texas. Students are charged for required course materials on their student account with the Business Office. Any students who wish to opt-out of the Program and purchase the required course materials on their own. Opt-out instructions are sent to students' official my.msutexas.edu email address after the first day of class. Please contact the MSU Bookstore if you have any questions about the opt-out process.

Access to a personal computer with Microsoft Software, high speed Internet and the ability to access D2L the MSU Online Learning System.

**Course Description**

An introduction to lifetime fitness and conditioning activities emphasizing safe, effective, and purposeful exercise. Activities include, but are not limited to, weight training, and aerobics.  
Application of basic concepts and principles for improving and maintaining health and fitness across the lifespan.

This course is intended to prepare future professionals to apply scientifically sound principles to fitness and conditioning programs.

**Course Objectives/Learning Outcomes**

Specific learning objectives for the course derive from the SHAPE Standards for Physical Education, the TExES Examination Framework/Standards PE EC-12 (158), and the Texas Essential Knowledge and Skills for Elementary School Physical Education (116A). This course provides teacher candidates and SPLS students with a knowledge

base of the environment in which they may teach. Satisfactory completion of the course will document that students have demonstrated the ability to:

- Identify lifetime fitness and conditioning activities appropriate for fitness across the lifespan. (SHAPE 1.a, 1.b; 158 SI; InTASC 4, 5; TEKS §116)
- Demonstrate a level of skill competence needed for engaging in and teaching a variety of lifetime fitness and conditioning activities. (SHAPE 2.a; 158 I, VI; InTASC 4, 5; TEKS §116)
- Identify relevant information related to fitness and conditioning activities such as equipment, etiquette, safety, etc. (SHAPE 3.c, 158 VI; InTASC 4, 5)
- Demonstrate and apply knowledge in planning exercise programs and designing appropriate learning experiences for participants. (SHAPE 3.a, 3.b; 158 IV; InTASC 1)
- Demonstrate proficiency in the selection and effective use of verbal and non-verbal cues in the group exercise setting, including anticipatory, motivational, safety, and education. (SHAPE 4.a, 4.b; 158 VI)
- Demonstrate knowledge of strategies and techniques for adapting and individualizing instruction to meet the needs of diverse learners and persons of various fitness levels. (SHAPE 1.d, 1.e, 3.d; 158 III, V; InTASC 1, 5)
- Demonstrate the ability to create a positive community that encourages learners/participants of all abilities to participate in physical activity (motivation, self-respect). (SHAPE 3.d, 4.d; 158 III; InTASC 1, 5)
- Demonstrate the ability to teach the components of an exercise session (including warm-up, aerobic phase, cool-down, muscular strength/endurance, and flexibility). (SHAPE 1.a, 1.b, 3.b; 158 VI; TEKS §116)
- Demonstrate comprehension of basic prerequisite exercise science principles. (SHAPE 1.c, 1.d, 1.e; 158 I, II; InTASC 4, 5; TEKS §116)
- Demonstrate knowledge of proper exercise, safety principles, and lifting techniques. (SHAPE 1.c, 1.d, 1.e, 2.a; 158 I, II; InTASC 4, 5; TEKS §116)
- Demonstrate the ability to recognize proper and improper technique in the use of resistive equipment such as stability balls, weights, bands, resistance bars, etc. (SHAPE 4.e; 158 VII; TEKS §116)
- Design strategies to help students demonstrate responsible personal and social behaviors in a productive learning environment. (SHAPE 4.d; 158 III; TEKS §116)

See Appendix A for a complete list of standards/competencies

### **Student Handbook**

Refer to: [Student Handbook 2025-2026](#)

### **Academic Misconduct Policy & Procedures**

Academic Dishonesty: Cheating, collusion, and plagiarism (the act of using source material of other persons, either published or unpublished, without following the accepted techniques of crediting, or the submission for credit of work not the individual's to whom credit is given). Additional guidelines on procedures in these matters may be found in the [Office of Student Conduct](#).

### **Assignment Overview and Grading Criteria**

Due dates will be shared in D2L and/or in class. Any assignment can be submitted before the due date. Late assignments must be approved by the professor a minimum of 48 hours before the submission day/time to not incur a deduction. Unapproved late assignments will have a minimum automatic 25% point deduction for each day late should the instructor accept it. Do not wait until the last minute on any of your work.

Grammar, punctuation, & spelling will be graded as a part of any course work. All work should be in your own words. Format – FOR ALL PAPERS: 12 point Times New Roman font, one (1) inch margins, and doubled spaced. The cover page should have your names, the department & college name, the class and section number, the professor's name, the date of submission and centered on the page. Students will follow the APA Style Manual, 7th Edition as the sole citation and reference style used in written work submitted as part of coursework to the University. Assignments completed in a narrative essay or composition format must follow the citation used in the APA Style Manual, 7th Edition. Papers that do not follow this format will not be accepted or graded.

I will give feedback on assignments when appropriate, including, comments through “news items”, comments directly in the discussion board, and comments to the feedback box associated with each assignment submitted to Dropbox. Please take the time to read these comments as I am taking the time to make them.

Grades for each assignment will be posted in the D2L course grade book.

**Table 1: Points allocated to each assignment**

| Assignments                                     | Points |
|---|--------|
| Exams (2)                                       | 200    |
| Connect Assignments/Homework                    | 180    |
| Class Engagement and Participation (10 pts/day) | 120    |
| Activity Lesson & Implementation                | 70     |
| Bucket of Skills (2@25 pts)                     | 50     |
|   |        |
| Total Points                                    | 620    |

**Table 2: Total points for final grade.**

| Grade   | Points        |
|---------|---------------|
| A – 90% | 555           |
| B - 80% | 493 to 554    |
| C – 70% | 431 to 492    |
| D – 60% | 369 to 430    |
| F < 60% | Less than 369 |

Exams- These assignments are to check students' understanding of knowledge on each of the fitness/conditioning activities covered. The exams will be done online through the D2L platform.

Connect Assignments/Homework- This course includes both face-to-face and online aspects. You will have different assignments through both McGraw Hill Connect and D2L that you will do weekly.

Engagement & Participation-This counts as 120 points of your final grade. It is NOT the same as attendance. It includes intelligent statements and sincere questions, and clear preparation for class, including dressing out appropriately.

Dress Code:

- \* All students are required to dress out for every class, unless otherwise notified.
- \* Shorts of proper length and proper shoes are of your choice (no flip-flops, boots, or sandal type shoes).

Activity Lesson Plan/Implementation- Using a provided template, you will write a lesson plan for a fitness/conditioning activity and teach it to the class on your assigned day.

Bucket of Skills- this is a practical exam to test your knowledge and ability to perform the skills taught in this course.

Online activities/Skill Sheets- These assignments are to check students' understanding of knowledge on each of the fitness/conditioning activities covered. They may be done in class or as homework, using a variety of assessment formats.

### **Late Assignments**

Students are expected to submit classroom assignments by the posted due date and to complete the course according to the published class schedule. As adults, students, and working professionals I understand you must manage competing demands on your time. Should you need additional time to complete an assignment please contact me

before the due date so we can discuss the situation and determine an acceptable resolution. Routine submission of late assignments is unacceptable and may result in points deducted from your final course grade.

### **Important Dates**

Last day for term schedule changes:

August 28th, 2025

Deadline to file for December graduation: Sept. 22, 2025

Deadline to file for May graduation: Oct. 6, 2025

Last Day to drop with a grade of "W:"

November 24th by 4:00pm Refer to: [Drops, Withdrawals & Void](#)

### **Course Delivery Method and Attendance Policy**

This course is delivered via face-to-face at the university campus, and online through D2L and McGraw Hill Connect. Course materials and access to an online management system will be made available to each student. Each student is expected to be familiar with this program as it provides a primary source of communication regarding assignments, examination materials, and general course information. You can log into [D2L](#) through the MSU Homepage. If you experience difficulties, please contact the technicians listed for the program or contact your instructor.

Attendance is expected at all class meetings and you are expected to be on time when class begins. Leaving class early without prior permission will result in being counted absent for the class session.

The attendance policy will credit physical classroom presence and online attendance equally. Students and faculty will not attend/hold class if they are experiencing illness or any signs/symptoms of COVID-19, or other communicable medical issues.

A tentative course schedule has been posted on D2L. All course content, assignments, and due dates have been outlined.

Professional teachers are dependable, reliable, and responsible. Therefore, candidates are expected to be on time and in attendance at every class, and to stay for the entire class. Tardiness, leaving early, and excessive absences (3) are considered evidence of lack of dependability, and are taken seriously. Candidates will receive a grade of F on the third absence. If a candidate is taking 'blocked' courses that are taught at a Professional Development School, requiring field experience, the candidate will be dropped with an F from those classes as well.

An instructor may drop a student any time during the semester for excessive absences, for consistently failing to meet class assignments, for an indifferent attitude, or for disruptive conduct. The instructor must give the student a verbal or written warning prior to dropping the student from the class. An instructor's drop of a student takes precedence over the student-initiated course drop of a later date. The instructor will assign a grade of either WF or F through the first 8 weeks of a long semester, the first 6 weeks of a 10-week summer term, or the 11th class day of a 4 or 5 week summer term consisting of 20 days. After these periods the grade will be an F. The date the instructor drop form is received in the Office of the Registrar is the official drop date.

If you would like to receive notifications via a regularly checked email or via text message, you can set it up in D2L. Once you are logged in, go to the drop down by your name in the gold navigation bar. Click "notifications", then you can register an email address or mobile number and customize which notifications you would like to receive.

Please note: By enrolling in this course, the student expressly grants MSU a "limited right" in all intellectual property created by the student for the purpose of this course. The "limited right" shall include but shall not be limited to the right to reproduce the student's work product in order to verify originality and authenticity, and for educational purposes.

### **Cell Phone Policy**

In accordance with Texas House Bill (HB) 1481, the Prohibition on Student Use of Personal Communication Devices on School Property During the School Day, I (Dr. Shawver) am instituting a prohibition on student use of cell phones during a face-to-face class that is unrelated to individual lectures, activities or assignments per the professor.

Multiple studies have documented the harmful effects of cell phone and social media use on student well-being and academic progress. As a result, Texas law requires public schools to prohibit the use of personal communication devices during the school day on school property. This policy is adopted to implement this requirement and improve the quality of the learning environment in our schools.

Hence, **(READ THIS TWICE, PLEASE)**, there are NO cell phones permitted to be out and/or in my (or your) sight in this class. This class requires your engagement, and cell phones serve to detract from that engagement. Additionally, your phone should be not only put away, but on “silent” (NOTE: vibrate is NOT silent). If your phone is out and/or in sight, you will be asked to put it away. If it is not, you will be given one warning. After that if it is still out and/or in sight, you will lose 10 points off of your FINAL grade. Should your phone ring/vibrate during class, you are dismissed for the day. You are to silence it immediately, and quietly leave the class session. You will be counted absent for the session. Failure to adhere to this will result in more stringent disciplinary action.

### Online Computer Requirements

Taking an online class requires you to have access to a computer (with Internet access) to complete and upload your assignments. It is your responsibility to have (or have access to) a working computer in this class. ***Assignments and tests are due by the due date, and personal computer technical difficulties will not be considered a reason for the instructor to allow students extra time to submit assignments, tests, or discussion postings.*** Computers are available on campus in various areas of the buildings as well as the Academic Success Center. **Your computer being down is not an excuse for missing a deadline.** There are many places to access your class! Our online classes can be accessed from any computer in the world that is connected to the internet. Contact your instructor immediately upon having computer trouble. If you have technical difficulties in the course, there is also a student help desk available to you. The college cannot work directly on student computers due to both liability and resource limitations however they are able to help you get connected to our online services. For help, log into [D2L](#).

### Change of Schedule

A student dropping a course (but not withdrawing from the University) within the first 12 class days of a regular semester or the first four class days of a summer semester is eligible for a 100% refund of applicable tuition and fees. Dates are published in the [Schedule of Classes](#) each semester.

### Refund and Repayment Policy

A student who withdraws or is administratively withdrawn from Midwestern State University (MSU) may be eligible to receive a refund for all or a portion of the tuition, fees and room/board charges that were paid to MSU for the semester. HOWEVER, if the student received financial aid (federal/state/institutional grants, loans and/or scholarships), all or a portion of the refund may be returned to the financial aid programs. As described below, two formulas (federal and state) exist in determining the amount of the refund. (Examples of each refund calculation will be made available upon request).

### Services for Students With Disabilities

In accordance with Section 504 of the Federal Rehabilitation Act of 1973 and the Americans with Disabilities Act of 1990, Midwestern State University endeavors to make reasonable accommodations to ensure equal opportunity for qualified persons with disabilities to participate in all educational, social, and recreational programs and activities. After notification of acceptance, students requiring accommodations should make an application for such assistance through Disability Support Services, located in the Clark Student Center, Room 168, (940) 397-4140. Current documentation of a disability will be required in order to provide appropriate services, and each request will be individually reviewed. For more details, please go to [Disability Support Services](#).

### College Policies

#### Campus Carry Rules/Policies

Refer to: [Campus Carry Rules and Policies](#)

#### Smoking/Tobacco Policy

College policy strictly prohibits the use of tobacco products in any building owned or operated by MSU Texas Adult students may smoke only in the outside designated-smoking areas at each location.

### Alcohol and Drug Policy

To comply with the Drug Free Schools and Communities Act of 1989 and subsequent amendments, students and employees of Midwestern State are informed that strictly enforced policies are in place which prohibits the unlawful possession, use or distribution of any illicit drugs, including alcohol, on university property or as part of any university-sponsored activity. Students and employees are also subject to all applicable legal sanctions under local, state and federal law for any offenses involving illicit drugs on University property or at University-sponsored activities.

### Campus Carry

Effective August 1, 2016, the Campus Carry law (Senate Bill 11) allows those licensed individuals to carry a concealed handgun in buildings on public university campuses, except in locations the University establishes as prohibited. The new Constitutional Carry law does not change this process. Concealed carry still requires a License to Carry permit, and openly carrying handguns is not allowed on college campuses. For more information, visit [Campus Carry](#).

### Active Shooter

The safety and security of our campus is the responsibility of everyone in our community. Each of us has an obligation to be prepared to appropriately respond to threats to our campus, such as an active aggressor. Please review the information provided by MSU Police Department regarding the options and strategies we can all use to stay safe during difficult situations. For more information, visit [Safety / Emergency Procedures](#). Students are encouraged to watch the video entitled "Run. Hide. Fight." which may be electronically accessed via the University police department's webpage: ["Run. Hide. Fight."](#)

### Obligation to Report Sex Discrimination under State and Federal Law

Midwestern State University is committed to providing and strengthening an educational, working, and living environment where students, faculty, staff, and visitors are free from sex discrimination of any kind. State and federal law require University employees to report sex discrimination and sexual misconduct to the University's Office of Title IX. As a faculty member, I am required to report to the Title IX Coordinator any allegations, personally observed behavior, or other direct or indirect knowledge of conduct that reasonably may constitute sex discrimination or sexual misconduct, which includes sexual assault, sexual harassment, dating violence, or stalking, involving a student or employee. After a report is made, the office of Title IX will reach out to the affected student or employee in an effort to connect such person(s) with resources and options in addressing the allegations made in the report. You are also encouraged to report any incidents to the office of Title IX. You may do so by contacting:

Laura Hetrick  
Title IX Coordinator  
Sunwatcher Village Clubhouse  
940-397-4213  
[laura.hetrick@msutexas.edu](mailto:laura.hetrick@msutexas.edu)

You may also file an online report 24/7 at [Online Reporting Form](#)

Should you wish to visit with someone about your experience in confidence, you may contact the MSU Counseling Center at 940-397-4618. For more information on the University's policy on Title IX or sexual misconduct, please visit [Title IX Website](#)

### Grade Appeal Process

Update as needed. Students who wish to appeal a grade should consult the Midwestern State University [MSU Catalog](#)

### Notice

Changes in the course syllabus, procedure, assignments, and schedule may be made at the discretion of the instructor.

## Course Schedule

| Week   | Date            | Content  | SHAPE/SBEC/TEA Standards  | Activities/Assignment  |
|--------|-----------------|--|---|--|
| Week 1 | Aug 26 & 28     | Orientation and Syllabus<br>Ch. 1 & 2: Intro to wellness, physical activity, and exercise; behavior change; and goal setting | SHAPE 1.a, 1.b, 1.c, 1.d, 1.e, 4.d; S I, II, III; C6, C7, C8, C9  | Get Connect Text Online: Ch. 1 & 2<br><br>Syllabus Quiz<br><br>Pre-assessment                            |
| Week 2 | Sept 2 & 4      | Dimensions of Wellness, Behavior Change and Goal Setting<br><br>Ch. 15 & 16 Fitness Walking & Jogging                        | SHAPE 1.a, 1.b, 1.c, 1.d, 1.e, 4.d; S I, II, III; C6, C7, C8, C9<br><br>SHAPE 1.c, 1.d, 1.e, 2.a, 3.a, 3.b, 3.d, 4.e; S I, II, III, IV, V, VI, VII; C3, C6, C7, C8, C9, C10                   | Connect Ch. 15 & 16:<br><br><ul style="list-style-type: none"> <li>15/16 Module</li> <li>Quiz</li> </ul> |
| Week 3 | Sept 9 & 11     | Importance of Warm-up and Cool Down Ch. 15/16<br><br>Basics of a Workout   | SHAPE 1.a, 1.b, 2.a, 3.b, 3.c, 3.d, 4.a, 4.b, 4.d: SBEC I, VI; C6, C7, C8, C9, C10<br><br>SHAPE 1.c, 1.d, 1.e, 2.a; S I, II; C6   | Connect- Basics of Putting Together a Workout<br><br>**Work with partner to prepare activity             |
| Week 4 | Sept 16 & 18    | Warm up & Cool Down Activities<br><br>Plyometric Module (Discussion)   | SHAPE 1.a, 1.b, 2.a, 3.b, 3.c, 3.d, 4.a, 4.b, 4.d: SBEC I, VI; C6, C7, C8, C9, C10<br><br>SHAPE 1.c, 1.d, 1.e, 2.a, 3.a, 3.b, 3.d, 4.e; S I, II, III, IV, V, VI, VII; C3, C6, C7, C8, C9, C10 | Assignment and Module Information on D2L<br><br>(Chu & Myer Excerpt; Faigenbaum & Chu Article)           |
| Week 5 | Sept 23 & 25    | Speed/Agility Stations (Fit Deck)  | SHAPE 2.a; S I, VI; C2  | Connect Ch. 32   |
|        |                 | Ch. 32 Weight Training Skills  | SHAPE 1.c, 1.d, 1.e, 2.a, 3.a, 3.b, 3.d, 4.e; S I, II, III, IV, V, VI, VII; C3, C6, C7, C8, C9, C10   | High Velocity Training Article on D2L  |
| Week 6 | Sept 30 & Oct 2 | Weight Training Skills – Student Led<br><br>Student Led Warm up/Cool Down  | SHAPE 2.a; S I, VI; C2, C8  | Assignment Information on D2L<br>Weight training skill sheet   |
| Week 7 | Oct 7 & 9       | Body Weight Training Skills (Fit Deck)<br><br>Exam #1 on D2L   | SHAPE 2.a; S I, VI; C2, C8<br><br>SHAPE 1.a, 1.b, 1.c, 1.d, 1.e, 2.a, 3.a, 3.b, 3.c, 3.d, 4.a, 4.b, 4.c, 4.d, 4.e; S I, II, III, VI, V, VI; C 1, 2, 3, 5, 6, 7, 8, 9, 10                      | Exam under Assessments in D2L  |
| Week 8 | Oct 14 & 16     | Boot Camp Workout<br><br>HIIT/TABATA Workout   | SHAPE 2.a; S I, VI; C2, C8<br><br>SHAPE 1.c, 1.d, 1.e, 2.a, 3.a, 3.b, 3.d, 4.e; S I, II, III, IV, V, VI, VII; C3, C5, C6, C7, C8, C9, C10   | Connect Ch. 28 & Ouergui Article on D2L in Discussion Board  |
| Week 9 | Oct 21 & 23     | Ch. 28 Cardio Dance & Kickboxing<br><br>Begin Working on Lesson Plan   | SHAPE 2.a; S I, VI; C2, C5, C7  | Assignment Information on D2L  |

|         |             |   |  |  |
|---------|-------------|---|--|--|
| Week 10 | Oct 28 & 30 | Step & Kickboxing Workout<br><br>Indoor Rock Climbing**<br><br>Study for Bucket of Skills | SHAPE 2.a; S I, VI; C2, C5,C7<br><br>SHAPE 1.a, 1.b, 1.d, 1.e, 2.a, 3.a, 3.b, 3.c, 3.d, 4.a, 4.b,4.c, 4.d, 4.e; S I, II, III, VI, V, VI; C 1, 2, 3, 5, 7, 8, 10                | Assignment Information on D2L Kickboxing skill sheet |
| Week 11 | Nov 4 & 6   | In Class: Bucket of Skills<br><br>Ch. 29 Yoga   | SHAPE 1.a, 1.b, 2.a, 3.c, 4.a, 4.b, 4.c, 4.e; S I, VI; C5, 7, 8, 10<br><br>SHAPE 1.c, 1.d, 1.e, 2.a, 3.a, 3.b, 3.d, 4.e; S I, II, III, IV, V, VI, VII; C3, C6, C7, C8, C9, C10 | Connect Ch. 29 & Wei Article for Yoga Stance Paper   |
| Week 12 | Nov 11 & 13 | Yoga Workout<br><br>Ch. 24 Indoor Cycling   | SHAPE 2.a; S I, VI; C2, C8<br><br>SHAPE 1.c, 1.d, 1.e, 2.a, 3.a, 3.b, 3.d, 4.e; S I, II, III, IV, V, VI, VII; C3, C6, C7, C8, C9, C10  | Connect Ch. 24 Yoga Skill Sheet Lesson Plan          |
| Week 13 | Nov 18 & 20 | In Class: Student Led Workouts  | SHAPE 1.a, 1.b, 1.d, 1.e, 2.a, 3.a, 3.b, 3.c, 3.d, 4.a, 4.b,4.c, 4.d, 4.e; S I, II, III, VI, V, VI; C 1, 2, 3, 5, 7, 8, 10<br>SHAPE 2.a; S I, VI; C2, C7                       | Assignment Information on D2L                        |
|         |             |   |  |  |

| Week               | Date        | Content   | SHAPE/SBEC/TEA Standards  | Activities/Assignment         |
|--------------------|-------------|---|---|-------------------------------|
| Week 14            | Nov 25 & 27 | In Class: Student Led Workouts<br><br>Ch. 30 Pilates    | Same as 4/10<br><br>SHAPE 1.c, 1.d, 1.e, 2.a, 3.a, 3.b, 3.d, 4.e; S I, II, III, IV, V, VI, VII; C3, C6, C7, C8, C9, C10   | Connect Ch. 30                |
| Week 15            | Dec 2 & 4   | Pilates Workout<br><br>Online: Comprehensive Final Exam | SHAPE 2.a; S I, VI; C2, C8<br><br>SHAPE 1.a, 1.b, 1.c, 1.d, 1.e, 2.a, 3.a, 3.b, 3.c, 3.d, 4.a, 4.b,4.c, 4.d, 4.e; S I, II, III, VI, V, VI; C 1, 2, 3, 5, 6, 7, 8, 9, 10 | Exam under Assessments in D2L |
| Finals Week For Us | TBA         | Bucket of Skills-<br>Time slots TBD                     | SHAPE 1.a, 1.b, 2.a, 3.c, 4.a, 4.b, 4.c, 4.e; S I, VI; C5, 7, 8, 10   | Assignment Information on D2L |