Dear Health Online Students,

Welcome to Summer Health 100 that begins **June 9, 2014 and ends July 11, 2014**. These courses will not be opened until June 9, 2014 upon which you will be asked to respond by the next day for a discussion post.

You have registered for a 100% online class that will have ZERO in person meetings during this short time span – five weeks. Please make sure you have a calendar handy to make the deadlines, and always check the announcement sections on blackboard for assignments that are due.

The Student Learning Outcome for Health 100 is: Evaluate and apply strategies for health promotion for the six dimensions of health and wellness: psychological, physical, social, intellectual, environmental, and spiritual.

Course Description: This class is designed to provide a critical analysis of factors which affect personal and community health. Primary emphasis is placed upon self-empowerment and disease prevention in a culturally diverse community. General topics include communicable and non-communicable disease, physical fitness, nutrition, drugs, aging, and the environment.


Please note that you may use any edition for this course.

Publisher Online Resource, Website:
http://wps.aw.com/bcdonatelle_health_8/

Grading will be based on discussion boards and tests.

Best regards, Diana Stanich Professor – Kinesiology/Health/Dance