Welcome to Health Science 100! Please review the following information. This is an Online class. More information and a class calendar will be presented on the course blackboard site.

General Instructor/Course Information

Instructor: Belinda Kane  
Phone: (661) 259-7800 x3205  
E-mail: Belinda.kane@canyons.edu

Course Overview and Objectives

This course is designed to introduce students to a comprehensive study of personal and community health issues and to develop desirable health attitudes and practices. Topics will include mental and emotional health, stress, nutrition, fitness, drug, alcohol tobacco use, heart disease, cancer, and the immune system/sexually transmitted diseases.

Upon completion of this course students will be able to:
Define, discuss, and identify the connections between personal health, individual behaviors, family background, and environmental issues that impact the overall health and wellness of the human body.

Course Prerequisites:
Although there is no prerequisite for this course, you must have a valid email account. You are responsible for maintaining an active email account for the whole semester. The majority of our course work will be completed online using Blackboard. Be sure to go to the following link and complete the Blackboard orientation if you are not familiar with this online classroom program.

http://www.canyons.edu/offices/distance_learning/OnlineOrientation/

Basic computer skills needed to succeed in this course include the ability to:

- create and save documents
- manage files on your computer
- copy content from a word-processing program and paste into another program
- navigate the internet
- have two browser windows open at the same time
- send and receive email
- attach documents to e-mail messages
- open attached documents from email messages
- Log on and navigate the internet
- Use a word processing program like Microsoft word or its equivalent
- Submit assignments in MS Word format (doc.) or in Rich Text Format (.rtf).

Skills and attitudes helpful to online students:

- A positive attitude towards online learning and an open mind towards technology
- Willingness to share experiences and comments with other students
- Strong reading and writing skills in order to participate in online instruction and discussion
- Resourcefulness - willingness to research, explore, and ask questions to complete course work
- Time management and self-regulation skills
- Basic technical troubleshooting skills

In addition, you will find additional online resources at the following link as well.

http://www.canyons.edu/offices/distance_learning/

All students who have purchased an ASG card are welcome to use the Tutoring, Learning, and Computing (TLC) Laboratory on campus. The TLC lab contains many computers with high speed, internet access that will be sufficient to meet your needs of this course.

Textbook (Required):


Available in the College of the Canyons campus bookstore. It is formatted in a clear and concise way and will be the framework for online readings, class discussions, journal responses, and exams. However, there may be information covered on exams that is not found in the book, so it is important to be a participant in online discussions.

Participation:
You are expected to complete all text readings prior to completing online activities. If you are unable to finish the course for any reason, you must withdrawal by the drop deadline through the Admissions and Records Office. Any student that completes the course must receive a grade by the Instructor.

Basis for Evaluation:
1. Quizzes
2. Discussion topics/Blogs/Wikis
3. Internet Article (Health Topic Paper)

**Grading Percentages:**

<table>
<thead>
<tr>
<th>Percentage</th>
<th>Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>90-100%</td>
<td>A</td>
</tr>
<tr>
<td>80-89%</td>
<td>B</td>
</tr>
<tr>
<td>70-79%</td>
<td>C</td>
</tr>
<tr>
<td>60-69%</td>
<td>D</td>
</tr>
<tr>
<td>59%-Below</td>
<td>FAIL</td>
</tr>
</tbody>
</table>

***Extra Credit:***

Keep an eye out for announcements regarding extra credit opportunities.

**Academic Honesty/Classroom Conduct:**
Students are expected to be aware of College regulations and policies, as stated in the College of the Canyons catalog (1998-99, pp. 134ff) and the COC student code of conduct.

There are specific guidelines regarding behavior in the online environment, the term for which is “Netiquette”. Disruptive and inappropriate behavior will not be tolerated. Your first assignment this semester is to review the following website regarding Netiquette:

http://www.albion.com/netiquette.html
Technical Requirements:
As noted above, you should have regular access to the Internet. If you change your email address during the course, and do not let me know, you will not be able to receive important information. You email address will be available to your classmates as well as me. If you are concerned about privacy, then you can establish an email account specifically for this course at one of the many free email service providers (yahoo.com, hotmail.com, etc.).

Students registered with Disabled Students Programs & Services or students who believe they may need accommodations in this class are encouraged to contact Support Services (X3302) as soon as possible to better ensure such accommodations are implemented in a timely fashion.

Internet Access Information:

URL: http://bb.canyons.edu

Student Tech Support:
Monday-Thursday 8:00am-8:00pm, Friday 8:00am-1:00pm. Email will be replied to within 24 business hours. If you are having problems within your course assignments, test and the like, please contact your instructor.

   Email: bbsupport@canyons.edu

   Phone Number: 661-362-3344

Success:
In order to succeed, you must have regular access to the internet. You must log on to our class site to retrieve and submit assignments and to participate in class discussion at least every other day. Discussion is our biggest learning tool in a class of this nature. You will be expected to participate and bring your readings into each of our discussion topics. All of our discussions will be asynchronous (not at the same time), not synchronous (e.g., live chat, instant messaging). This will allow you to participate at times suitable for your schedule.

If you have any questions prior to the start date, just drop me an email at the address below.

Sincerely,

Belinda Kane
Health Education Instructor

Email: Belinda.kane@canyons.edu