Health 100 - Online Syllabus

**Student Learning Outcome:** Evaluate and apply strategies for health promotion in the six dimensions of health and wellness: psychological, physical, social, intellectual, environmental and spiritual

#10537  6/16/14 – 7/25/14

**Instructor:** Robert dos Remedios

Dear Student,

Welcome to HLTHSCI - 100, Health Education! You have registered for 100% online class that will have ZERO in-person meetings during the semester. Be sure to follow the calendar carefully and always check the announcements on the Blackboard site for assignment due dates, changes etc.

You are expected to log onto the Blackboard just about every day as will be posting announcements, assignments, and discussion topics that you will be expected to participate in each week.

PLEASE NOTE THAT THIS IS AN ACCELERATED COURSE THAT COVERS 15 WEEKS OF INFORMATION IN 6 WEEKS. YOU WILL HAVE TO WORK EXTREMELY HARD TO KEEP UP WITH ALL READINGS, DISCUSSIONS AND ASSIGNMENTS, & QUIZZES IN THIS COURSE.

**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, weight management, and nutrition; human reproduction and sexuality; stress management and mental health; drug use and abuse; and environmental health.

**Text:**


Please Note that you may use ANY edition of the Health, The Basics text by Rebecca Donatelle and Benjamin Cummings (publisher) BUT you may have
some old and incorrect information since all test banks etc. use questions from the lastest edition.

**Publisher Online Resource**
**Website:** http://wps.aw.com/bc_donatelle_health_8/

**Additional Course Materials:**

None needed.

**Objectives:**

1. Gain knowledge about health related issues and their impact on society as well as the individual.

2. Learn how to select fitness and nutritional activities for enhancement of overall quality of life.

3. Consider how an unhealthy lifestyle affects the student and the people around them.

4. Gain skills to gather reliable information on health related topics through the use of technology.

**Grading Procedures**

While this is a 100% online course, you are expected to “attend” by logging into and participating in discussions, quizzes etc. almost every day. When a weekly BLOG or WIKI topic is completed, you will not be able to go back and make comments etc. All quizzes, BLOGS, and Wikis must be completed by the posted due dates.

The entire course will be based on a total of 490 points. Grades will be awarded based on your % of these points you receive (90%-A, 80%-B, 70%-C, 60%-D, 59%-F).

**Breakdown of points:**

Quizzes (17) -340 pts.

Blogs - (5) -50 pts. (5 @ 10 points possible)

Wikis – (5) – 50 pts. 5 @ 10 points each)
Internet Current Events Research Assignment – 50 pts.

Getting Started

The majority of our coursework 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 (it is quite easy once you get started). http://www.canyons.edu/offices/distance_learning/OnlineOrientation/

In addition, you will find additional online resources at the following link as well. http://www.canyons.edu/offices/distance_learning/

PLEASE NOTE! COC has gone to a new Blackboard login process. Beginning Summer 2012 the new login web address is http://bb9.canyons.edu. This is different than any other COC online classes you might have had prior to this summer 2012.

**IMPORTANT!!!**

You MUST input a valid email address into the blackboard site upon logging. Go to your personal settings area and do this IMMEDIATELY. I will be sending emails regarding important dates, assignments, extra credit opportunities etc. If you do not have and email address listed, you will not receive any of these emails.

Success

In order to succeed, you must have regular access to the Internet. You must log on to our class’s site to retrieve and submit assignments and to participate in class discussion at least every other day. If you will not be able to participate in this manner, this is not the course for you. Discussion is our biggest learning tool in a class of this nature. You will be expected to participate and bring your readings into each and every discussion topic. I will also have several live chat opportunities during the semester in which students can ask questions, discuss topics, make comments etc.

Please note that we will all progress through the course together, at the same pace. This is not a class in which you can complete all the work for the semester in the first week or make it all up in the last week.

Technical requirements
As I noted above, you should have regular access to the Internet. Also, you will need an email account. You are responsible for maintaining an active email account for the whole semester. If you change addresses and do not let me and your classmates know, you will not be able to receive important information.

Your 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.).

**Assignments** -

Your internet research assignment must emailed to me at Robert.dosremedios@canyons.edu IN A COPY & PASTE FORM – NO ATTACHMENTS WILL BE OPENED OR GRADED. NO LATE ASSIGNMENTS WILL BE ACCEPTED, no exceptions. No attachments will be opened via email.

**Discussions** -

All of you will be responsible to post at least **TWICE** in each BLOG discussion to get full credit. Postings should be thoughtful, insightful, or be a question that we can all participate in. Once the due date for the discussion has passed, you can no longer post.

**Quizzes / Tests** -

Are completed online. Once the due date has passed, the quiz will no longer be available for you to work on.

**Extra Credit** -

Keep an eye out for announcements regarding extra credit opportunities. These will occasionally come in the form of live online chats, guest lectures, or extra assignments.

Sincerely,

*Robert dos Remedios, MA, CSCS, MSCC*

*Professor – Kinesiology / Physical Education Director of Speed, Strength & Conditioning College of the Canyons 661.362.3527 Office: WPEK -13*

*Robert.dosremedios@canyons.edu*
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