Welcome to Health Education 100. You have registered for this online class that will be entirely online with NO in-person meetings. Be sure to mark your calendars, as all assignments have due dates and/or times which will be extremely important to your success in this class. Class will begin on August 25, 2014 and will not be “open” until then.

Instructor: Howard Fisher  
Phone: (661) 362-3201  
E-mail: howard.fisher@canyons.edu  
Textbook: Health: The Basics (Rebecca Donatelle) - ISBN: 0321523024, Benjamin Cummings  
Any recent edition, COC Custom or Eighth through Tenth Edition – YOU CANNOT PASS THIS CLASS WITHOUT THE TEXTBOOK!

Program Learning Objectives: All students will be able to meet the following objectives upon completion of this course.
1. Students will identify the components of physical fitness.  
2. Students will evaluate a chosen health topic and formulate their ideas in a written assignment.

Student Learning Objectives: Upon completion of this on-line course you will:
1. Be able to explain the importance of a healthy lifestyle in preventing premature disease and in promoting wellness.  
2. Be able to identify one's personal responsibility to reduce health risks associated with the leading causes of death and disability by recognizing high-risk behaviors and their impact on current and future health.  
3. Be able to understand the importance of a global perspective on health, and recognize how gender, racial, and cultural background influence disparities in health status, research and risk.  
4. Be able to demonstrate through performance on exams, written assignments and discussion forums the ability to understand and use the concepts of this class

Course Format:
* This is a fully on-line course, except for the use of the textbook.  
* Every time you log on to the site ALWAYS check the Announcement area first. Then read the module for the lecture notes, read the chapter, do the discussion board post and finally chapter quiz or unit examination. Get in a habit of doing this routine.  
* There are specific due dates for each assignment. You must keep pace with these assignments and stay engaged with the course topic(s).  
* You MUST submit ALL assignments by the due date as there are NO extensions or make-ups.  
* Participation in topic(s) discussions without demonstrating knowledge of what you are trying to express will not provide you with the points needed to meet this grading standard.  
* You are required to login to the on-line course frequently. It is your responsibility to read the module content and complete all assignments and chapter quizzes on time.  
* NO TEXT MESSAGING ABBREVIATIONS ARE ALLOWED.  
* You will want to always look at the discussion board that is related to the topic, looking for questions, etc.

Participation: You are expected to complete all text readings prior to completing all online activities. 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. 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/

If you are unable to finish the course for any reason, you must withdraw by the drop deadline through the Admissions and Records Office. Any student who does not complete the course must be given a grade by the instructor.
**Additional Requirements:**

* Cable/DSL internet connection.
* Experience and comfort using the web. (Microsoft Internet or Mozilla Firefox are the recommended browsers.  [AOL can cause problems])
* Experience and comfort using email.
* Experience and comfort using a word processor, such as Microsoft Word.  DO NOT USE WORD PERFECT.
* Experience and comfort manipulating the mouse, copying and pasting text, managing files and folders, and other basic computer skills.
* Minimum of 512 MB of RAM.  (Mac users must have OS X)

**Contacting me:**  Best done via e-mail: howard.fisher@canyons.edu.  E-mail responses should be made within the next business day with the exception of those sent Friday, which will be responded to by the following Monday.

**Student Tech Support:**
Monday - Thursday 8:00 am - 8:00 pm, Friday 8:00 am - 1:00 pm, Saturday 9:00 am - 1:00 pm.  Email will be replied to within 24 business hours.  If you are having problems within your course with assignments, tests and the like, please contact your instructor.

**Phone Number:** 661-362-3344.  **Email:** bbsupport@canyons.edu