All; Welcome to Health 100;

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Section 15765 Short Session 4/13 to 6/4/2015: This course is 100% online. We will not be meeting face-to-face at all. The course will be available to you on the first day of the semester.

- This course starts on Monday April 13th. You must log in AND participate in the Introduction Blog by midnight or you will be dropped as a no show.
- You must complete the work load for week 1 by Sunday April 19th or be dropped for inadequate progress in the course.

Course Description:

This course is a survey of the physical, emotional and social dimensions of health. Topics of study include physical fitness, nutrition, weight management, substance abuse, tobacco and alcohol use, prevention of diseases, sexuality, mental health and stress management.

Required Text:


http://wps.aw.com/bc_donatelle_health_10/

Course Objectives:

Following the completion of this course, the student will be able to:

1. Identify basic human needs and the multiple components of physical and psychosocial health.
2. Discuss the concepts: holistic health and the mind-body connection.
3. Understand the process of modifying, enhancing and changing behavior to impact health.
5. Describe the basic components of physical fitness and understand the value of a comprehensive fitness regime.
6. Identify the basic nutrients and their value to a balance nutritional program.
7. Understand the characteristics of abuse and misuse of alcohol and other drugs, understand the characteristics of addiction, and identify the various classifications of drugs.
8. Evaluate and explain the role of sexuality in today’s society, and evaluate birth control and other choices surrounding reproduction.

**Course Assignments and Expectations:**

This is an accelerated online course. You will cover the content of a 3 unit course in under 8 weeks. To be successful you must be prepared to engage in the course and course work a minimum of 6-10 hours per week. You will find that reading the chapters in the text prior to each week’s content will allow you to complete the assignments and exams easier and faster.

**EMAIL:** Plan to activate and access your mycanyons email account; I will communicate through blackboard announcements, comments in the gradebook and email.

The course is presented in **Learning Units, one per week.** Each Unit includes an overview of the unit, the reading assignment, lecture outlines, discussion board, blog, and assignments.

**Discussion Board/Blogs:** The use of the Discussion Board and Blogs is integral to the success of the course. You must be prepared to participate in the discussion boards to achieve the ultimate grade in this course. This format gives you a chance to exchange ideas and information with your classmates and interact with the course material.

**Assignments:** The assignments will assist you to integrate the information presented in the course materials. Each assignment is strategically placed within the course to complement the reading assignments. Key assignments will be in the following areas;

- Behavior Change
- Stress Management
- Eating Healthy
- Alcohol Awareness

**Exams:** There will be 3 or 4 exams during the semester covering the text and other resource materials provided. The exams will be multiple choice, matching and short answer. The exams will be restricted by time and date so it will be important to study the materials before initiating the exam. Exams can only be attempted one time.