Class Description: This course is intended to provide the student with up-to-date information regarding the major health and wellness topics that affect us all. Such topics include but are not limited to: nutrition, physical fitness, stress management, sexually transmitted diseases, and drugs. The goal is to present this information in such a way as to allow the student to apply it to his or her daily life, thereby reaping benefit.

Textbook and Access code information, including costs: Health, The Basics: Eleventh Edition, Rebecca Donatelle ISBN: 0536820457 strongly recommended up to two previous editions are fine

Other Course Materials Required:

Initial instructions for beginning of class: THE BLACKBOARD SITE WILL BE AVAILABLE ON THE FIRST DAY OF THE COURSE. STUDENTS WHO FAIL TO LOG-IN TO THE BLACKBOARD SITE AND COMPLETE THE FIRST ASSIGNMENT BY THE DEADLINE STATED IN THE FIRST ANNOUNCEMENT WILL BE DROPPED FROM THE COURSE NO EXCEPTIONS! THEREAFTER, FAILURE TO KEEP UP WITH THE COURSE MAY PREVENT YOU FROM BEING ABLE TO EARN A PASSING GRADE. YOU WILL BE RESPONSIBLE FOR DROPPING FORMALLY THROUGH THE OFFICE OF ADMISSIONS AND RECORDS OR RISK RECEIVING AN FW IN THE COURSE!

Testing regulations (included proctoring guidelines link): Unit Exams will be administered weekly at in-class Thursday night sessions. Each student will need to provide his/her own Scan-Tron From #882 and pencil.

Course Management System Information: Although there is not prerequisite for this course, students should have computer competency and some experience with online course delivery systems before enrolling. Computer competency implies the ability to: send and receive email, attach documents to email messages, open attached documents to email messages, use a word processing program like Microsoft Word or its equivalent, cut and paste text between your word processor and your web browser, and log onto (and navigate) the internet. Exposure to an online course delivery system will ensure the student is familiar with online examination, discussion boards, and the retrieving of materials. All students who have a current student identification card (available from the Student Development Office) are welcome to use the Tutoring, Learning, and Computing (TLC) Laboratory on campus. The TLC lab houses numerous computers with high-speed, Internet access that will be sufficient to meet your needs for this
course. The TLC lab also has personnel dedicated to the support of students using Blackboard in their courses.

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

**Useful Links:** Publisher Online Resource Website: [http://wps.aw.com/bc_donatelle_health_11](http://wps.aw.com/bc_donatelle_health_11)

**Other:**

**DSPS Information:** It is the policy of COC to comply with the Americans with Disability Act. Therefore, Disabled Student Programs and Services (DSPS) offers educational support services to students with disabilities who are enrolled in college classes. Students with verifiable disabilities who wish to avail themselves of services provided by DSPS, including reasonable accommodations if eligible should visit the DSPS web page at [http://www.canyons.edu/offices/dsps/](http://www.canyons.edu/offices/dsps/). If you are covered under this act and need reasonable accommodations to take this class, please notify me immediately.