Welcome to Health Science 100, Health Education. You have registered for this online class. Be sure to mark your calendars, as times and dates are extremely important to your success in this class.

**Course Overview and Objectives**

This course will introduce the basic concepts of health, including health promotion, disease prevention, sexuality, reproduction, drug use, nutrition, physical fitness, CVD and cancer. *Upon successful completion of this course students will be able to:*

- Identify and explain how lifestyle plays a role in personal health
- Identify and explain all health-related dimensions
- Evaluate and explain the role of sexuality today, birth control and reproductive choices
- Identify drug classifications and schedules
- Assess the role of the nutrition and personal fitness
- Identify risk factors associated with CVD and cancer
- Utilize new information to make intelligent choices that contribute to a healthy lifestyle

**Grading Procedures**

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

The entire course will be based on a total of **735 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:**

Grades will be based on the following:
1. Quizzes (12 @ 20 points each) - 240 pts. There will be chapter quizzes worth 20 points each. Quizzes must be submitted
prior to the due date. Once you begin the quiz you MUST complete it. You may not restart it! There is a 30 minute time limit with a 2 minute grace period. Any quiz over the grace period will receive a ZERO.

2. Discussion topics (12 @ 10 points each) - 120 pts. There will be ONE chapter posting worth 10 points. Each discussion board posting will need to be completed in full paragraph form and answer specific questions. College level writing and responses are needed for FULL credit.

3. Examinations (5 @ 75 points each) - 375 pts. The exams will be objective and cover information presented in the textbook and class lectures. Exams will consist of multiple choice, true/false, matching and short answer questions. Once you begin the exam you MUST complete it. You may not restart it! There is a 60 minute time limit with a 2 minute grace period. Any exam over the grace period will receive a ZERO.

**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/

Once you’ve learned how Blackboard works, go to http://bb.canyons.edu and log into the course. When you log in, you will find instructions for the rest of the orientation.

**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.

The success of this class depends on the willingness of everyone to participate in discussions regularly, and to share ideas in writing. 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.

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 to 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.).

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.

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

Required Texts

The following required textbook is available in the College of the Canyons bookstore:

- Health the Basics, Donatelle, Pearson Benjamin Cummings.

- You can use any edition published. Just match the chapter to the subject matter.

If you have any questions prior to the start date feel free to contact me at the address below.

Good Luck,

Chuck Lyon

Athletic Director

Professor, Physical Education – Kinesiology

Phone: 661-362-3545

Email: chuck.lyon@canyons.edu