

HES 100 Healthful Living Section 13384 Syllabus

Glendale Community College Spring 2021

Instructor Information

- **Instructor:** Joann Pell, MS, RD
- **Office Location:** Virtual for Spring 2021
- **Office Hours:** Virtual Office Hours: Sun/Thurs 9-10p, Mon/Wed 11:15a -12p
- **Office Phone:** 623.845.3804
- **Email:** joann.pell@gccaz.edu or Canvas email

Course Information

- **Course format:** Online
- **Credit hours:** 3
- **Classroom location:** Canvas Online: <https://maricopa.instructure.com>
- **Course Dates:** Jan 19-April 16 (13 weeks)
- **Final Exam day and time:** NA
- **Instructional Contact Hours & Out-of-Class Student Work:** For this 3 credit hour course, you should plan to spend 10-12 hours per week on this course.

Welcome!

Welcome to HES 100, Healthful Living Online! This 13-week class will give you the opportunity to explore many facets of your personal health and wellness. It is designed to give you a chance to reflect on your current health habits in a variety of areas (nutrition, fitness, relationships, stress management, sexual health, HIV/AIDS, immunity, cancer & cardiovascular health to name a few), learn about the "gold standard" of health in each area and to think/explore & question how this information impacts your health.

About Online Classes

This online course follows a semi-structured format. It **IS NOT** an open entry-open exit class. There are due dates for assignments, discussion questions and projects. **You should log in to Canvas and complete Orientation Modules A & B by Thursday Jan 21st. You will be withdrawn if orientation activities are not completed by Friday, Jan. 22. No exceptions!** There are penalties for late postings of any class requirements listed below. Students will be evaluated on quizzes, assignments and completeness of discussion question responses and projects. Is an online class right for you? [Take this quiz!](#)

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Course Description

Health and wellness and their application to an optimal lifestyle. Explores current topics of interest such as stress management, nutrition, fitness, and environmental health. Evaluates common risk factors associated with modern lifestyles.

Course Format:

Online (asynchronous) – Online courses are completely asynchronous. Students are required to have access to a computer/mobile device and Internet access.

Course Competencies

[HES100 Official Course Competencies](#)

Textbooks, Materials and Technologies

There is NO textbook required for this course. We will be using an Open Educational Resource (OER) approach that includes "Readings" provided in each module and content from the internet.

Attendance Requirements/Maintaining Status in the Course

It is expected that you will complete approximately 10-12 hours of online instruction per week, including, but not limited to, viewing course content, completing assignments, reviewing materials, reading textbook chapters and other associated coursework. Be sure to schedule regular hours for working on the course.

You must actively participate in the class by **posting** or **submitting** required course work in Canvas. If you are not actively participating in the course for 1 week you will be Withdrawn. Checking into Canvas or checking your grades **IS NOT** active participation!

You must log into the course on a weekly basis throughout the term and respond to messages sent by your instructor or you may be withdrawn from the course.

Grading Standards & Practice

There are approximately 800 points available in this course. Individual points for assignments and activities are listed in Canvas

GRADING SCALE: 100-90%..A 80-89..B 70-79.. 60-69..D 59-less..F

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Grading Schedule

Assignments/quizzes are graded within 24-48 hours of posting. Comments will be placed in your gradebook.

Discussion forums are graded bi-weekly or in "bulk" ...generally on Wednesdays and the weekends.

Projects are graded within 72 hours after due date.

Please feel free to email me with any questions or concerns. Check your grade book often and email me if a grade is missing or incorrect!

Late Work / Make-Up Exams

There is a 25% grade reduction per day for most assignments. After 4 days there are no points left!

Stuff Happens Pass

Students can use a "stuff happens" pass once during the course to remove late penalties from quizzes, discussions, projects or assignments if it is turned in within 1 week of due date.

Stuff happens pass option can't be used to submit work past end of the course (4/16). Please email me if you need to use your pass. Students that do not use the pass will receive 10 extra credit points at the end of the semester.

Course Readings

Topic readings are in each module and should be read prior to completing quizzes, assignments, projects and discussion forums.

Extra Credit

Unused stuff happens pass will count as 10 extra credit points

Complete 2 assignments located in the Extra Credit Module - 5 points

Communication

Communicate with instructor via email or virtual office hours. When emailing, please make sure you use your school email address via Canvas! Please review these guidelines and set up forwarding if you desire. You can access your Gmail at: <https://google.maricopa.edu/>.

You can phone my land office (FW-12) at 623.845.3804 but I prefer email and virtual chat as the main form of communication for this course.

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Logging In

You should log in to Canvas and complete Orientation Modules A & B by Thursday, Jan 21. You will be withdrawn if orientation activities are not completed by Friday, Jan 22. No exceptions! You need to meet the requirements of the class and submit assignments on time or you will not pass this class.

Help and Student Responsibilities Information

Please click on this [link](#) to review the following areas on Course Technology Information, student email, using canvas, canvas help, technology help. academic integrity, students' rights and responsibilities, classroom accommodations for students with disabilities and addressing incidents of sexual harassment/assault, dating/domestic violence and stalking, and institutional learning outcomes. You can also access the [student handbook](#).

Student Resources

The [Student Resources Link](#) has additional information on tutoring, library, testing services, bookstore and academic advising.

COURSE OUTLINE on the following pages.



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Date	Details
Thu Jan 21, 2021	Orientation Quiz due by 11:59pm
	Instructor Conversation due by 11:59pm
Fri Jan 22, 2021	Describe Yourself! due by 11:59pm
	Health & Wellness Quiz due by 11:59pm
Sun Jan 24, 2021	Evaluate a Health Blog Post Using CARBS due by 11:59pm
	Health Information on the Web due by 11:59pm
	Pre Life Span Assessment due by 11:59pm
Wed Jan 27, 2021	What Happens When You Don't Sleep ? due by 11:59pm
	Are You Getting Adequate Sleep? due by 11:59pm
Fri Jan 29, 2021	Physical Activity and Fitness Quiz due by 11:59pm
Sun Jan 31, 2021	My Fitness Plan Assignment due by 11:59pm
Wed Feb 3, 2021	Nutrition Quiz due by 11:59pm
	Evaluate a Food Label due by 11:59pm
Fri Feb 5, 2021	Create a Healthy Food Plan due by 11:59pm
	Evaluate a Nutrition Article Using CARBS due by 11:59pm



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Sun Feb 7, 2021	Weight Management Quiz	due by 11:59pm
	Body Image Evaluation	due by 11:59pm
Wed Feb 10, 2021	Healthful Practices Post	due by 11:59pm
	Weight Loss Advertisement Evaluation	due by 11:59pm
Fri Feb 12, 2021	Stress Quiz	due by 11:59pm
	Stress Evaluation	due by 11:59pm
Sun Feb 14, 2021	Relaxation Techniques	due by 11:59pm
Wed Feb 17, 2021	Mental Health & Illness Quiz	due by 11:59pm
	Mental Illness Exploration	due by 11:59pm
Fri Feb 19, 2021	Happiness Ted Talk	due by 11:59pm
Sun Feb 21, 2021	Relationships Quiz	due by 11:59pm
	Personal Communication Evaluation	due by 11:59pm
Wed Feb 24, 2021	How to Improve Conversations	due by 11:59pm
Fri Feb 26, 2021	Sexuality Quiz	due by 11:59pm
	Sexuality Reflection	due by 11:59pm
Sun Feb 28, 2021	Pregnancy Assignment	due by 11:59pm
Wed Mar 3, 2021	Methods of Contraception	due by 11:59pm



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Fri Mar 5, 2021	Sexually Transmitted Diseases Quiz	due by 11:59pm
	Sexually Transmitted Disease Case Study	due by 11:59pm
Sun Mar 7, 2021	Alcohol Quiz	due by 11:59pm
	Calculate a Safe Drink Rate	due by 11:59pm
Wed Mar 10, 2021	Alcohol	due by 11:59pm
Fri Mar 12, 2021	Drugs Quiz	due by 11:59pm
	Marijuana	due by 11:59pm
Sun Mar 14, 2021	How To Avoid Drug Abuse or Addiction	due by 11:59pm
Sun Mar 21, 2021	Tobacco Quiz	due by 11:59pm
Wed Mar 24, 2021	Tobacco & Vaping	due by 11:59pm
Fri Mar 26, 2021	Family Health/Medical Tree Project	due by 11:59pm
Sun Mar 28, 2021	Diabetes Exploration	due by 11:59pm
Wed Mar 31, 2021	Cardiovascular Quiz	due by 11:59pm
Fri Apr 2, 2021	Cancer Quiz	due by 11:59pm
	Cancer Reflection	due by 11:59pm
Sun Apr 4, 2021	How Do Vaccines Work- Ted Talk Video Quiz 2020	due by 11:59pm
Fri Apr 9, 2021	Disease Exploration	due by 11:59pm
Sun Apr 11, 2021	Recipe for Health	due by 11:59pm
Fri Apr 16, 2021	Post Life Span Assessment	due by 11:59pm



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