

## Syllabus: HES100 Healthful Living

# HES 100 Healthful Living Honors Section 13388 Syllabus

Glendale Community College Spr 2021

### Instructor Information

- **Instructor:** Joann Pell, MS, RD
- **Office Location:** Virtual for Spr 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 Honors Online! This 16-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 21.**  
**You will be withdrawn if orientation activities are not completed by Friday, Jan 22.**

## Syllabus: HES100 Healthful Living

**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 questions and projects. Is an online class right for you? [Take this quiz!](#)

### 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

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.

### Required Technology

The course will use [CANVAS](#) as the course software to complete or participate in assignments, activities and/or access course materials. You may be required to establish a user name or password, submit work and/or download information from these tools. There is, therefore, some risk that individuals electing to use the products and services made available by these tools may place any student information shared with the tool vendor at a risk of disclosure. Information on Canvas is located in the [GCC Common Syllabus Elements](#).

This course will use [Packback Software](#) integrated with Canvas. See below for information.

### Honors Requirement/Responsibility

Packback Discussion Board is the honors requirement for this course. The [Packback Questions platform](#) is an online community where you can be fearlessly curious and ask BIG questions about how what we're studying relates to life and the real world. There will be approximately 11 questions required throughout the semester. For a brief introduction to

## Syllabus: HES100 Healthful Living

Packback Questions and why we are using it in class, watch this video:  
[vimeo.com/packback/Welcome-to-Packback-Questions](https://vimeo.com/packback/Welcome-to-Packback-Questions)

### How to Register on Packback:

You can access Packback directly through our Canvas LMS to allow you to sign in with a single click.

1. Navigate into our class on the navigation bar in Canvas
2. In the navigation bar, you will see a link for Packback Questions. Click it, and you will automatically have an account created and be linked to the checkout page for our class community. **There is no fee for using Packback.**
3. Complete checkout, and you will be directed to our course community on Packback where you can begin posting. More info if needed is in Canvas in the Orientation module.

### Grading Requirements for Packback:

Your participation on Packback will count toward approximately 15% percent of your final grade. In order to receive your points per week, you must post 1 question with a minimum Curiosity Score of 70 and post 2 answers with a minimum of curiosity score of 70 that are **relevant to our class subject matter** per week. Each grading period there will be a Sunday at 11:59 PM for submissions.

### 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

## **Syllabus: HES100 Healthful Living**

### Grading Schedule

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

**Packback questions** are graded in "bulk" ...generally on Wednesdays.

**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

There is a 25% grade reduction per day for most assignments. After 4 days there are no points left! There is no late extension for the Packback discussion questions.

### Stuff Happens Pass

Students can use a "stuff happens" pass once during the course to remove late penalties from quizzes, Canvas discussions, projects or assignments if it is turned in within 1 week of due date. The stuff happens pass is not available for the Packback questions.

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/>.

## **Syllabus: HES100 Healthful Living**

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. You can text me between 8a- 10p at 623.842.6447. Please let me know your name and section number when texting ☐

### **Logging In**

You should log in to Canvas and complete Orientation Modules A & B by Thurs. 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 following pages.



## Syllabus: HES100 Healthful Living

	<a href="#">Weight Management Quiz</a>	due by 11:59pm
Sun Feb 7, 2021	<a href="#">Body Image Evaluation</a>	due by 11:59pm
	<a href="#">Packback Questions: Nutrition</a>	due by 11:59pm
Wed Feb 10, 2021	<a href="#">Healthful Practices Post</a>	due by 11:59pm
	<a href="#">Weight Loss Advertisement Evaluation</a>	due by 11:59pm
Fri Feb 12, 2021	<a href="#">Stress Quiz</a>	due by 11:59pm
	<a href="#">Stress Evaluation</a>	due by 11:59pm
Sun Feb 14, 2021	<a href="#">Relaxation Techniques</a>	due by 11:59pm
	<a href="#">Packback Questions: Stress Management</a>	due by 11:59pm
Wed Feb 17, 2021	<a href="#">Mental Health &amp; Illness Quiz</a>	due by 11:59pm
	<a href="#">Mental Illness Exploration</a>	due by 11:59pm
Fri Feb 19, 2021	<a href="#">Happiness Ted Talk</a>	due by 11:59pm
Sun Feb 21, 2021	<a href="#">Relationships Quiz</a>	due by 11:59pm
	<a href="#">Packback Questions: Mental Health &amp; Illness</a>	due by 11:59pm
Wed Feb 24, 2021	<a href="#">Personal Communication Evaluation</a>	due by 11:59pm
	<a href="#">How To Improve Conversations</a>	due by 11:59pm
	<a href="#">Sexuality Quiz</a>	due by 11:59pm



## Syllabus: HES100 Healthful Living

Fri Feb 26, 2021	Sexuality Reflection	due by 11:59pm
Sun Feb 28, 2021	Packback Questions: Relationships or Sexuality	due by 11:59pm
Wed Mar 3, 2021	Pregnancy Assignment	due by 11:59pm
Fri Mar 5, 2021	Methods of Contraception	due by 11:59pm
	Sexually Transmitted Diseases Quiz	due by 11:59pm
Sun Mar 7, 2021	Packback Questions: Sexually Transmitted Diseases	due by 11:59pm
	Sexually Transmitted Disease Case Study	due by 11:59pm
Wed Mar 10, 2021	Alcohol Quiz	due by 11:59pm
	Calculate a Safe Drink Rate	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
	Packback Questions: Alcohol or Drugs	due by 11:59pm
	Tobacco & Vaping	due by 11:59pm
Sun Mar 21, 2021	Tobacco Quiz	due by 11:59pm
	Packback Questions: Tobacco or Vaping	due by 11:59pm





## Syllabus: HES100 Healthful Living

Wed Mar 24, 2021	<a href="#">Family Health/Medical Tree Project</a>	due by 11:59pm
Fri Mar 26, 2021	<a href="#">Diabetes Exploration</a>	due by 11:59pm
Sun Mar 28, 2021	<a href="#">Packback Questions: Diabetes</a>	due by 11:59pm
Wed Mar 31, 2021	<a href="#">How Do Vaccines Work- Ted Talk Video Quiz 2020</a>	due by 11:59pm
Fri Apr 2, 2021	<a href="#">Cardiovascular Quiz</a>	due by 11:59pm
Sun Apr 4, 2021	<a href="#">Packback Questions: Immunity or Vaccines</a>	due by 11:59pm
	<a href="#">Cancer Quiz</a>	due by 11:59pm
Wed Apr 7, 2021	<a href="#">How Do Vaccines Work- Ted Talk Video Quiz</a>	due by 11:59pm
	<a href="#">Cancer Reflection</a>	due by 11:59pm
Fri Apr 9, 2021	<a href="#">Disease Exploration</a>	due by 11:59pm
Sun Apr 11, 2021	<a href="#">Recipe for Health</a>	due by 11:59pm
Fri Apr 16, 2021	<a href="#">Post Life Span Assessment</a>	due by 11:59pm





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