

HES 100 Healthful Living Section 13449 Syllabus

Glendale Community College Main Spr 2021

Instructor Information

- **Instructor:** Joann Pell, MS, RD
- **Office Location:** Virtual – Cisco Webex and Canvas Chat
- **Office Hours Virtual:** Thurs/ Sun from 9-10p Mon/Wed from 11:15-12p in Canvas Instructor Chat
- **Office Phone: 623.845.3804**
- **Email:** joann.pell@gccaz.edu or Canvas email

Course Information

- **Course format:** Live Online Instruction
- **Credit hours:** 3
- **Classroom location:** [Webex](#) and [Canvas](#)
- **Class Start Date:** Feb 8 **End Date:** May 10
- **Course days and times:** Mon 7-8:15p
- **Exceptions:** Feb 15th (Presidents Day) and May 15th (Spring Break)
- **Instructional Contact Hours & Out-of-Class Student Work:** For this 3 credit hour course, you should plan to spend at least 2.5 hours on live sessions (direct instruction), and 10-12 hours on out-of-class student work weekly.
- **Final Exam day and time:** Monday, May 10th at 7p

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 Competencies

[HES100 Official Course Competencies](#)

Textbooks, Materials and Technologies

There is NO textbook required for this course. We will be using an Open Educational

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Resource (OER) approach that includes "Readings" provided in each module and content from the internet.

Live Online Information and Expectations

The live online portion of our course will be in Cisco Webex The course link is located in Canvas.

You can access Cisco Webex by clicking on " Cisco Webex" from the inside left navigation panel in Canvas or directly from the link.

Each class period will be recorded and available in Canvas.

The Live Online parts of this course will follow these [expectations](#). Please read!

Please log onto Webex 5 mins early to avoid technology issues!

Say Hi in the chat to let me know you are in class. This is how I will record attendance :)

Please note that, in addition to your own actions, you are responsible for any images or people displayed in your background while participating in class. Please contact your instructor if you have circumstances that will impact your ability to participate without distraction.

While not on campus, students in the Live Online session are in an academic environment. Please be mindful that your actions and behavior should still meet the expectations outlined in the [GCC Student Handbook](#).

Required Technology

Students will need a computer, tablet or laptop with reliable internet. You can use a cell phone but your screen maybe very small to do interactive activities. A webcam and microphone are required for this course.

Students will need to download **Cisco Webex Meetings App** for our video conferencing tool. It is advisable to have the desktop app for Webex as it allows more of the features we will be using for the course. Please view the [Webex intro video](#) to help you learn about the features we will be using in class.

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

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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](#).

Required Technology Skills

Students should be:

Comfortable with using the Webex video conferencing tool/app.

Able to use a collaborative document in Google.

Comfortable with opening and closing Google slides.

Able to send and receive email.

Able to create a word document or PDF.

Able to take a photo or record a short video using a webcam or video component on a cell phone, tablet or computer.

Able to toggle back and forth between Webex and other software programs like Canvas or Kahoot.

Attendance Requirements

The "Live Online" class sessions in CANVAS are REQUIRED! They are the same as attending a land class. Instruction begins on the first day of class. I expect students to participate by using the chat, hand raising and annotations options in the Webex tool as well as participate when selected/asked using your microphone and/or webcam.

A student will be dropped from class if absent 2 times throughout the course. A tardy/early leave will be assigned after 5 minutes from live class start time or any time before live class ends. 2 tardies/early leaves equal 1 absence.

Completing assignments/activities in Canvas is also required as part of attendance. This includes:

- Submitting an academic assignment (assignment required in the course, regardless of whether it is graded or not), paper, or project.
- Taking an exam, quiz, computer-assisted instruction, or an interactive tutorial required by the course.
- Initiating contact with a faculty member to ask a question about the academic subject studied in the course.

Students will be dropped if there are no assignments posted in Canvas for 7 consecutive days or 1 week.

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Attendance is required to receive college credit! It is your responsibility to initiate a withdrawal from the class. Failure to do so can result in a failing grade.

Grading Standards & Practice

There are approximately 700 points available in this course. Description and 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

Late Work

There is a 25% grade reduction per day for most assignments and quizzes. After 4 days there are no points left! Missed presentation points in live sessions cannot be made up.

“In class” activities cannot be made up for points.

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
	Health & Wellness Quiz due by 11:59pm
Wed Feb 10, 2021	Orientation Quiz- Live Online due by 11:59pm
	Instructor Conversation due by 11:59pm
Fri Feb 12, 2021	Describe Yourself due by 11:59pm
	Pre Life Span Assessment due by 11:59pm
Sun Feb 14, 2021	Are You Getting Adequate Sleep? due by 11:59pm
	Health Information on the Web due by 11:59pm
Wed Feb 17, 2021	Physical Activity and Fitness Quiz due by 11:59pm
Fri Feb 19, 2021	My Fitness Plan Assignment due by 11:59pm
Sun Feb 21, 2021	Nutrition Quiz due by 11:59pm
Wed Feb 24, 2021	Create a Healthy Food Plan due by 11:59pm
	Evaluate a Food Label due by 11:59pm
Sun Feb 28, 2021	Body Image Assignment due by 11:59pm
	Weight Management Quiz due by 11:59pm
Wed Mar 3, 2021	Stress Quiz due by 11:59pm
	Stress Evaluation due by 11:59pm
Fri Mar 5, 2021	Mental Health & Illness Quiz due by 11:59pm
	Mental Illness Exploration due by 11:59pm



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Sun Mar 7, 2021	Healthful Practices Moment	due by 11:59pm
Wed Mar 10, 2021	Relationships Quiz	due by 11:59pm
	Personal Communication Evaluation	due by 11:59pm
Fri Mar 12, 2021	Sexuality Quiz	due by 11:59pm
Sun Mar 21, 2021	Pregnancy Assignment	due by 11:59pm
Wed Mar 24, 2021	Sexually Transmitted Diseases Quiz	due by 11:59pm
	Sexually Transmitted Disease Case Study	due by 11:59pm
Fri Mar 26, 2021	Alcohol Quiz	due by 11:59pm
	Calculate a Safe Drink Rate	due by 11:59pm
Sun Mar 28, 2021	Alcoholism	due by 11:59pm
Wed Mar 31, 2021	Drugs Quiz	due by 11:59pm
	Marijuana	due by 11:59pm
Wed Apr 7, 2021	Family Health/Medical Tree Project	due by 11:59pm
Sun Apr 11, 2021	Tobacco Quiz	due by 11:59pm
Wed Apr 14, 2021	Tobacco & Vaping	due by 11:59pm
Sun Apr 18, 2021	Diabetes Exploration	due by 11:59pm
Wed Apr 21, 2021	Cardiovascular Quiz	due by 11:59pm
Fri Apr 23, 2021	Strokes	due by 11:59pm
Sun Apr 25, 2021	Cancer Quiz	due by 11:59pm



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Wed Apr 28, 2021	 Cancer Reflection	due by 11:59pm
Fri Apr 30, 2021	 How Do Vaccines Work- Ted Talk Video Quiz 2020	due by 11:59pm
Sun May 2, 2021	 Disease Exploration	due by 11:59pm
Wed May 5, 2021	 Post Life Span Assessment	due by 11:59pm
Sun May 9, 2021	 Recipe for Health	due by 11:59pm
Mon May 10, 2021	 Final Exam/Presentation	due by 7pm
