

HES 100 Healthful Living Section 13498 Syllabus

Glendale Community College Main Spring 2021

Instructor Information

- **Instructor:** Joann Pell, MS, RD
- **Office Location:** Virtual - Canvas Chat or WebEx
- **Office Hours Virtual:** Thurs/ Sun from 9-10p Mon/Wed from 11:15a-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:** 1/20 **End Date:** 5/10
- **Course days and times:** MW 10-11:15a
- **Exceptions:** Mon, Feb.15 (President's Day and week of Mar.15 (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 9-10 hours on out-of-class student work weekly.
- **Final Exam day and time:** Mon. Mat 10th at 10am

Course Description

Health and wellness and their application to an optimal life style. 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

Syllabus: HES100 Healthful Living

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 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 via the Cisco Webex button on the inside left navigation panel 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

Required Technology Skills

Students should be:

Syllabus: HES100 Healthful Living

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 Webex 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 using your microphone and/or webcam.

A student will be dropped from class if absent 3 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.

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.

Syllabus: HES100 Healthful Living

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.

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.



Syllabus: HES100 Healthful Living

Fri Jan 22, 2021	Orientation Quiz- Live Online	due by 11:59pm
	Instructor Conversation	due by 11:59pm
Sun Jan 24, 2021	Health & Wellness Quiz	due by 11:59pm
Tue Jan 26, 2021	Describe Yourself	due by 11:59pm
Wed Jan 27, 2021	Health Information on the Web	due by 11:59pm
Fri Jan 29, 2021	Are You Getting Adequate Sleep?	due by 11:59pm
Wed Feb 3, 2021	Physical Activity and Fitness Quiz	due by 11:59pm
Fri Feb 5, 2021	My Fitness Plan Assignment	due by 11:59pm
Sun Feb 7, 2021	Nutrition Quiz	due by 11:59pm
Wed Feb 10, 2021	Create a Healthy Food Plan	due by 11:59pm
	Evaluate a Food Label	due by 11:59pm
Sun Feb 14, 2021	Body Image Assignment	due by 11:59pm
	Weight Management Quiz	due by 11:59pm
Fri Feb 19, 2021	Stress Quiz	due by 11:59pm
Sun Feb 21, 2021	Stress Evaluation	due by 11:59pm
Fri Feb 26, 2021	Healthful Practices Moment	due by 11:59pm
Sun Feb 28, 2021	Mental Health & Illness Quiz	due by 11:59pm
Sun Mar 7, 2021	Relationships Quiz	due by 11:59pm
Tue Mar 9, 2021	Personal Communication Evaluation	due by 11:59pm



Syllabus: HES100 Healthful Living

Fri Mar 12, 2021	Sexuality Quiz	due by 11:59pm
Sun Mar 21, 2021	Pregnancy Assignment	due by 11:59pm
Tue Mar 23, 2021	Sexually Transmitted Diseases Quiz	due by 11:59pm
Fri Mar 26, 2021	Sexually Transmitted Disease Case Study	due by 11:59pm
Sun Mar 28, 2021	Alcohol Quiz	due by 11:59pm
Tue Mar 30, 2021	Calculate a Safe Drink Rate	due by 11:59pm
Fri Apr 2, 2021	Drugs Quiz	due by 11:59pm
Tue Apr 6, 2021	Marijuana	due by 11:59pm
Fri Apr 9, 2021	Family Health/Medical Tree Project	due by 11:59pm
Sun Apr 11, 2021	Tobacco Quiz	due by 11:59pm
Tue Apr 13, 2021	Tobacco & Vaping	due by 11:59pm
Sun Apr 18, 2021	Diabetes Exploration	due by 11:59pm
Tue Apr 20, 2021	Cardiovascular Quiz	due by 11:59pm
Sun Apr 25, 2021	Cancer Quiz	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 10am