HES 100 Healthful Living Online Syllabus

Section 13479
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Canvas Address: https://maricopa.instructure.com
Weebly Class Site: http://hes100.weebly.com
Online Virtual Office Hours: Sundays from 9-10p and Mondays 8-9a,
Textbook: Core Concepts in Health Custom Book 14th ed by Insel ISBN#: 9781308796338

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 must log in to Canvas and complete all activities in Orientation Modules A & B by Friday, Jan 20th or you will be dropped from the course.** There are penalties for late postings of any class requirements listed below. Students will complete readings, quizzes, assignments and discussions. Students will be evaluated on quizzes, assignments and completeness of discussion question responses. Is an online class right for you? Take this quiz!

COURSE DESCRIPTION

Explore Health/Wellness concepts by focusing on personal nutrition, weight control, stress, fitness, sexual health, relationships and prevention of life threatening diseases.

COURSE OBJECTIVE

After completion of this course, the student will be able to evaluate his/her own health and lifestyle habits and develop a plan to improve or maintain their overall health and wellbeing. MCCCD Official Course Competencies are listed here.

TEXT: **A TEXTBOOK IS REQUIRED FOR THIS CLASS**: Core Concepts in Health 14th Ed BIG by Paul Insel (McGraw Hill Publishing ISBN - 9781308796338). This is the full custom textbook that is specially created

and priced cheaper for GCC, **IT IS NOT the brief edition**. This is a custom book available @ GCC Bookstore only and can be rented for $20-$70 depending on availability. You can purchase an e-book (ISBN 9781308819129) via McGraw Hill Publishers for $70.00 here

ACCESSING USERNAMES AND PASSWORDS FOR CANVAS

You need a MEID (Maricopa Enterprise ID) username /password for Canvas entrance. Go to: https://eims.maricopa.edu/MAW/S0lookupid.pl You are now at the SPAT tool (Student Personal Administration Tool). Follow instructions to enter your information and obtain your username/password.

USING CANVAS.

Access Canvas Guides here: http://guides.instructure.com/

CANVAS HELP

24x7 Toll Free Support Line: 1-888-994-4433

STUDENT HELP

The student help desk is located in High Tech Center 2, Room 130 (HT2-130) on GCC Campus. The webpage is: http://www.gccaz.edu/FutureStudents/StudentSupport/HelpDesk.htm. The phone # is: 623.845.3555. The student help desk can assist you with student email, Canvas or general questions regarding software you are using for the course. Contact your INSTRUCTOR for questions or problems with grading or course content!

SPECIAL NEEDS

If you have any disabilities which may hinder your learning the material presented in this class, please set up an appointment with special services and complete the appropriate forms as soon as possible. DRS staff can be reached at the Disability Services office, located in TDS-100. Telephone: (623) 845-3080. Video Phone for the Deaf (623)-845-3083 or 1-(866)-869-7383.

TIPS TO GET STARTED

Online classes require diligent work, even more so than a traditional face to face class... Expect to spend 8-10 hours per week on this course. I suggest opening each module in Canvas and read the *objectives*. Listen to the chapter podcast. Read the text and the *chapter reading guides @ Weebly*. Try the practice quiz to see if you are understanding the concepts. Lastly, complete the required *assignments, PTQ's, activities, journals* and/or *discussion questions*.

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.

WILL I NEED TO VISIT THE GCC CAMPUS "IN PERSON"?

Students will not be required to come to the GCC campus unless they choose to use the campus computer labs to complete their assignments. You must have access to a working computer to be

successful in this course! Communication and completion of course requirements can be done entirely online.

WHAT TYPE OF COMPUTER EQUIPMENT AND COMPUTER SKILLS DO I NEED?

Students should be able to send and receive email. Students should be able to create a word document. Students should be able to navigate web pages via an internet browser. You should be able to take a photo or record a short video using a webcam or video component on a cell phone, tablet or computer. Students can complete this course on campus (in the High-Tech Centers) or off campus (must have access to a computer and the Internet and have an updated browser (Chrome, Firefox or Safari)

LOGGING IN & MAINTAINING STATUS IN THE CLASS

You must log in to Canvas and complete Orientation Modules A & B by FRIDAY JAN 20th. Otherwise, you will be withdrawn. You need to meet the requirements of the class and submit assignments on time or you will not pass this class. Not posting all required assignments or absent logins at Canvas for 2 consecutive weeks will result in a Withdrawal or "F" grade in the course.

FINANCIAL AID WARNING

If you are receiving financial aid of any kind, it is your responsibility to protect your eligibility to receive financial aid by meeting the requirements of this class. Students who fail to submit timely assignments will be withdrawn from the course.

TECHNOLOGY PROBLEMS

Please do not wait until the last minute to post assignments or any other course requirement. Online classes have their 'inherent ' limitations.... computer crashing, servers crashing...etc! Leave yourself enough time to deal with these problems if they arise! Penalty points for late postings will be assessed regardless of the problem. **Canvas 24x7 Toll Free Support Line: 1-888-994-4433**

SYLLABUS CHANGES

From time to time, changes may be made in the syllabus to accommodate class changes and enhance learning. Changes will be communicated to students via email and course messages.

CHAPTER ASSIGNMENTS

A chapter assignment is required for each chapter (total 13 for the course). They are a combination of Multiple Choice, True/ False questions, and short answer questions. Expect to spend approximately 1-1/2 to 2 hours completing each chapter assignment. Late assignments (past due date) will be assessed a 5-point penalty for each late day. Assignments posted 4 days or more past the due date will be given a zero (0).

DISCUSSION QUESTIONS

There are 7 discussion questions on various topics. Each discussion question will be worth 25-30 points. Late discussion responses will be assessed a 5-point penalty for each late day. Initial discussion

responses posted 4 days or more past the due date are given a 0. Replies 2 days after the due date will count as 0 points.

CLASS RECIPE FOR HEALTH

Students will complete a personal Recipe for Health list which will be put together as an ebook (by instructor) and shared with the class. Late assignments (past due date) will be assessed a 5 point penalty for each late day. Assignments posted 4 days or more past the due date will be given a 0. Please note, late recipes may not be included in the e-book for class review and comment.

REFLECTIONS BLOG

Students will blog their response to **ONE** Personal Thought Question (PTQ) per chapter in the "Reflections bog" located at the Weebly Class site. **PTQ Blog posts will not be credited if posted in the wrong class section, without a name or past the due date (no extensions**). You are required to post in 11 of the 13 weekly Reflection blogs.

HEALTHY LIVING JOURNAL ACTIVITY

Students will conduct a pre and post life expectancy/virtual age assessment and journal a health behavior change or happiness behavior during the semester. Your journal is located at Weebly. See calendar for due dates. Late assignments (past due date) will be assessed a 5 point penalty for each late day. Assignments posted 4 days or more past the due date will be given a 0. The progress posts for your journal can not be extended past the due date (no late posts).

STUFF HAPPENS PASS

Students can use a "stuff happens" pass once during the course to remove penalties from a chapter assignments or project, if it is turned in within 1 week of due date. The stuff happens pass can not be used for discussion, or PTQ's or Healthy Living Activity. Stuff happens pass option can't be used to submit work past end of the course (4/14). 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.

READING ASSIGNMENTS

Chapters listed on the course schedule should be read prior to completing chapter assignments, blogs and discussion forums. Use the chapter reading guides at Weebly to help read the text chapters!

EXTRA CREDIT

There are 3 ways to get extra credit:

1. There are questions embedded in some (3) of the chapter reading guides located at the **Weebly.com** site. Each worth 5 points. Find and answer them within 4 days of the assignment due date for that chapter.
2. If you complete all 13 out of 13 PTQ'S, the additional two will count as extra credit points. (12 points
3. Unused “stuff happens” pass will count as 10 extra credit points

SPELLING/ GRAMMAR

I expect all materials and documents submitted to be spell checked and error free. Points will be lost for mis-spellings and poor grammar. Please avoid using "chat" or "texting type" abbreviations.

PLAGIARISM

I expect every student to produce his/her original, unique, independent work. The internet has volumes of material. Please do not copy, cut & paste material directly from the internet to your assignments or copy from another student. I use Turnitin to evaluate postings and assignments! I expect you to read and summarize in your own words. A warning and 10 point deduction from the assignment will be assessed for the 1st infraction. The student will be assessed an F and dropped from the course for the 2nd infraction.

Any student whose work indicates a violation of the MCCCD Academic Misconduct Policy (cheating, plagiarism) can expect penalties as specified in the Student Handbook, which is available through Student Services at 623.845.3812.

GRADING POLICY/POINTS AVAILABLE (13) Chapter Assignments: 30-50 pts each (11) Reflections Blog (PTQ) entries: 6 pts each (7) Discussion Questions - 25-30 pts each (1) Class Recipe for Health- 35 pts (1) Happiness Assignment (20pts) Healthy Living Journal - 32 pts Total Points available: Approximately: 700

All assignments, tests, projects and the final course grade will be determined by the following scale: 90 - 100% = A 80 - 89% = B 70 - 79% = C 60 - 69% = D* < 59% = F*

WHAT PREVIOUS STUDENTS HAVE SAID IN RESPONSE TO THIS QUESTION:

"What would you tell future students who were going to take this class":

--"just remember to stay on top of it and it will fall into place."

--"that the chapter reading guides and assignments really helped in understanding the topics "The class is very informative and if you stay on schedule it seemed like it was over almost too fast."

--"Communicate with your cyber classmates. It makes it more fun!"

--"This class is a great class to take-be prepared to have to "work at" your assignments--but the work will reap benefits, as you will love the information you will learn in this class. The instructor is extremely helpful!"

--"It is probably as much work as a traditional class. You have to be willing to dedicate time to sit down and study independently, which is hard for me! Once you are home, it is easy to get distracted. You must be self-motivated!"

--"Make sure to not just do the homework, but make sure you use the book and chapter reading guides as well."

--"Stay on top of it!" Don't procrastinate!

HES 100 CALENDAR 13479

Module # Health Topic	**Textbook Pages**	**Assignments & Activities Due by:**	**Discussion Question Due by:**
Modules A & B	none	Orientation activities Modules A & B by 1/20	-
Module #1 Taking Charge of Your Health **CHP 1**	1-30	CHP 1 Taking Charge of Your health by 1/22 CHP 1 PTQ Post by 1/22 Pre-life Expectancy Assessment by 1/25	Describe yourself by 1/22 Reply by 1/24
Module #2 Nutrition **CHP 12**	305-344	CHP 12 Nutrition by 1/29 CHP 12 PTQ Post by 1/29	Healthful Practices Post #1 2/1 Reply by 2/3
Module #3 Wt Management/Eating Disorders **CHP 14**	381-411	CHP 14 Wt. Management by 2/5 CHP 14 PTQ Post by 2/5	-
Module #4 Fitness **CHP 13**	351-378	CHP 13 Fitness by 2/12 CHP 13 PTQ Post by 2/12	Activities of Daily Living by 2/15 Reply by 2/17
Module #5 Stress Mgt. **CHP 2**	31-57	CHP 2 Stress by 2/19 CHP 2 PTQ Post by 2/19	Social Stressors by 2/22 Reply by 2/24
Module #6 Psychological Health **CHP 3**	59-87	CHP 3 Psychological Health by 2/26 CHP 3 PTQ Post by 2/26 Happiness by 2/26	Anger Management by 3/1 Reply by 3/3
Module #7 Relationship **CHP 4**	90-113	CHP 4 Relationships by 3/5 CHP 4 PTQ Post by 3/5	Relationships by 3/8 Reply by 3/10
Module #8 Immunity **CHP 17**	476-502	CHP 17 Immunity by 3/12 CHP 17 PTQ Post by 3/12	-
Module #9 HIV/STI's **CHP 18**	506-529	CHP 18 HIV/STD by 3/19 CHP18 PTQ Post by 3/19 Healthy Living Journal Acknowledgement by 3/19	-
Module #10 Alcohol **CHP 10**	251-276	CHP 10 Alcohol by 3/26 CHP 10 PTQ Post by 3/26 Healthy Living Journal Week 1 by 3/26	Alcohol by 3/29 Reply by 3/31
Module #11 Tobacco **CHP 11**	277-302	CHP 11 Tobacco by 4/2 CHP 11 PTQ Post by 4/2 Healthy Living Journal Week 2 by 4/2	-

Module #12 Cardio **CHP 15**	413-442	Recipe for Health by 4/5 Reply by 4/9 CHP 15 Cardiovascular Health by 4/9 CHP 15 PTQ Post by 4/9	-
Module #13 Cancer **CHP 16**	443-473	Post Life Expectancy Assessment by 4/12 CHP 16 Cancer by 4/14 CHP 16 PTQ Post by 4/14	-