HED 115: Weight Control, Exercise and Nutrition

Thank you for your interest in HED 115. The following information is intended to help you understand the expectations and requirements of this course before class begins on August 19, 2013. Students are encouraged to attend the orientation meeting on August 21 at 6 pm in PE 61.

Course Description

This course is designed to act as an educational support program and resource center for individuals who desire to develop or desire to help others develop a new healthier lifestyle, including weight management, exercise, and proper nutritional behaviors. The latest research in the wellness and fitness field will be emphasized. Students will be required to post weekly essays from the assigned reading, participate in the discussion forums, and create a lifestyle blog on the Moodle course site. Additionally there will be a midterm and final, book report and interview paper.

Access Requirements

No mandatory campus visits are required to take this course. The course, however, is not a self-paced course but an online community of learners working through a 17-week semester. Each week there will be discussion topics and essays in addition to a weekly blog activity intended to help students achieve their health and wellness goals for the semester. This is not an independent study course. You do have to log on at least 3 days a week to work in the course, but you can pick whichever days and times suit you. A new week of course content with assignments is released each Friday and due the following Friday.

Students should always access the class web site in Moodle via MyCOM. For information about getting a MyCOM account, read the FAQ's on the MyCOM Portal login page. #7 on the Portal login page explains how to get to Moodle.

First Day of Class Instructions

All enrolled students are required to login to the class Moodle website by 6 pm Tuesday, August 20 to hold their spot in the class. If a registered student does not login to the class site by the above day and time, his or her spot may be given to a student on the waitlist. (The waitlist is long and there is a shortage of class spots to meet the demand; so know that I will honor the waitlist if you do not confirm your spot and begin the course as required.)

Waitlist & Add Codes

If you are on the waitlist check your MyCom portal email often for notices from COM Admissions. They will contact you if a spot has opened up. You will have 72 hrs to move your name form the wait list to the roster. Be aware that if you do not accept that spot your name will be removed from the wait list. I typically accept about 5 students from the waitlist. When contacting me regarding an add code please include your name, the section number of the class you wish to add, and your COM Student ID (if you have one) in your email. I honor the official waitlist, adding students in the order they appear on the waitlist.

Course Materials Required


And choose ONE of the following books (the following books are not in the COM bookstore) to read:
Newburg, D. (2005) The most important lesson no one ever taught me. Xlibris (Resonance)
Lustig, Robert MD (2012) Fat Chance- Beating the odds against sugar, processed food , obesity and disease

Book Purchases

Students may purchase their books online by visiting COM's online bookstore, or students may buy the books at the COM campus. Please purchase the edition listed as quizzes and assignments are linked to this edition. This is not a course where you can get by without reading the assigned text.
What To Do When You First Access The Course Online

Be advised that Moodle works best with Firefox. Not all features function with Safari for Mac users. If you run into any technical problems, check your browser using the helpful information at the following link: http://ilearn.csumb.edu/BrowserTestFiles/index.php
Take some time to familiarize yourself with these 2 helpful Moodle FAQs for students and bookmark them for future reference:
http://www.marin.edu/DE/faq.html
http://docs.moodle.org/20/en/Student_FAQ

Finally, there is an important note that you should read and heed at the top right of your Moodle home screen: "Closing this browser does not end your session. In order to end a session you must click on Logout (top right side of browser window). If you do not log out, your session will remain active. The next person to use this computer will have full access to your account."

I hope this information clears up any concerns or questions you may have. If you have others, please email me and include HED 115 in the subject line. I look forward to guiding you on your journey to better health and hope to make the online experience a rewarding adventure.

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