HED 130: Contemporary Health Issues

Thank you for your interest in HED 130. 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 20 at 7 pm in PE 61.

Course Description

HED 130- Contemporary Health Education will include, but not be limited to, the study of physical and psychological health, creating healthy relationships, avoiding and overcoming harmful habits, prevention of disease and developing healthy lifestyles. Specific topics may include managing stress, birth control, pregnancy, childbirth, sexually transmitted diseases including AIDS, drug, alcohol and tobacco use and abuse, nutrition and fitness, aging, environmental health and consumerism. The emphasis will be on recognizing the importance of personal responsibility in the decision making process and connecting results with actions. Students will be required to read the text book, write 1-2 essays a week, participate in weekly discussions and take a weekly quiz based on the reading. Successful students should expect to spend anywhere from 6-9 hours a week on this course.

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 essays, quizzes and discussion topics with the whole class participating. 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 Tuesday and due the following Tuesday.

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, 2013 to hold their spot in the class. If a registered student does not login and post an introduction to the class by this 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 from 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 do honor the official waitlist, adding students in the order they appear on the waitlist.

Course Materials

Required: An Invitation to Health, Brief 8th edition
Author: Diane Hales
Publisher: Cengage
Edition/Year: 2013
ISBN: 10: 1133940005
Here is a link for textbook options:

Book Purchases

Students may purchase their books online by visiting COM's online bookstore, or students may buy the book 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. E-versions of the text are available from the publisher.

**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 130 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.

Kathleen Smyth
Physical Education/Health Education
kathleen.smyth@marin.edu