

**Welcome to HEED 202 Health Education
Distance Education spring 2018
9 Week Course
CRN# 30342**

Welcome to HEED 202! I look forward to working with you all this spring 2018 semester! Please read the information below which will give you information related to class access and the textbook requirement. If you have any questions, please email me at the email listed below. I'm looking forward to a great semester with you all!

Instructor: Dr. Angela C. Neary
Email: angela_neary@cuesta.edu

**Course Start Date Online: Tuesday January 16, 2018
Reminder: This is a 9 week course.**

****Please note the class will not be visible/available to you, in Canvas, until Tuesday January 16, 2018 at 9:00am****

➤ **This course is fully online. There are no mandatory meetings.**

COURSE DISCRIPTION: Presents the exploration of major health issues and behaviors in the various dimensions of health. Emphasis is placed on individual responsibility for personal health and the promotion of informed, positive health behaviors. Topics include nutrition, exercise, weight control, mental health, stress management, violence, substance abuse, reproductive health, disease prevention, aging, healthcare, and environmental hazards and safety.

ONLINE MODALITY: CANVAS

Canvas is our Online Modality for this Course.

How to access Canvas quickly:

1. Go to cuesta.edu
2. On the top of the page, click on "Canvas"
3. Log in with your cuesta college username and password.
4. Click on your spring class (HEED 202) to get started.

****Remember, you will not be able to view this spring class until 9:00am Tuesday January 16th****

Cuesta Tech Support Email: support@my.cuesta.edu

Please contact tech support if you have questions or technical difficulties accessing the class.

- [Quick Link Reference for Students accessing Canvas](#)
- [Link for Cuesta College Distance Education](#)
- [Canvas Tutorials for Students](#)
- [Canvas System Requirements](#)

REQUIRED TEXTBOOK

How to purchase your textbook: You can purchase an electronic book (EBook) online **OR** a Hard Copy of the textbook in the Cuesta Bookstore.

Hard Copy Information from the Cuesta College Bookstore:

Health: Making Choices for Life Authors: Lynch, A., Elmore, B., Kotecki, J.

ISBN#: 0321516419. You can purchase the used book **you do not need the access code.**

Ebook Purchase Information: Online Registration Instructions

Click on the [link](#) to purchase the ebook and follow the directions.

Please recognize that an online class does require just as much time as a traditional face to face course. It is very important that you keep up with the readings, assignments, quizzes, tests, discussions, etc. Once you get behind it can be a challenge to catch up in this 9 week course. Also I do not accept any late assignments. Please take responsibility for the work required!

If you have questions regarding the class, please feel free to contact me at the email listed above and I will do my best to answer your questions or refer you to someone that can answer your technology needs. I look forward to “seeing” you soon.

Sincerely,

Dr. Angela C. Neary

Dr. Angela C. Neary