

**Welcome to HEED 202 Health Education  
Distance Education Spring 2018**

**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.**

**Instructor:** Jenel Guadagno  
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**Course Start Date Online:** Monday March 19, 2018

**Reminder:** This is a 9 week course and will end May 18, 2018

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

**COURSE DISCRIPTION**

Presents the major health topics and provides an introduction to health careers, emphasizing the prevention of non-communicable conditions, promotion of health and fitness throughout the lifespan, and the application of current research in health to affect behavior and lifestyle changes. Health topics are discussed from a multi-dimensional perspective including examples from a variety of ethnic minority groups.

**STUDENT LEARNING OUTCOMES**

1. Demonstrate accurate analysis of the nutrients, ingredients, and calories from fats, proteins, and carbohydrates on food label.
2. Apply media literacy tools to evaluate the credibility and reliability of health literature.
3. Demonstrate accurate association between food choices, stress, exercise, environmental factors and your risk of major non-communicable diseases.
4. Evaluate lifestyle changes you have made or plan to make as a result of taking health class.
5. Develop a plan for lifestyle changes that will reduce your risk of major non-communicable or communicable disease based on your family health history and/or current lifestyle choices.
6. Critique the process you have made by engaging in your personal physical fitness plan.

**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 this [link](#) to purchase the ebook and follow directions.

### **ONLINE MODALITY: CANVAS**

**Canvas is our Online Modality for this Course.**

How to access Canvas quickly:

1. Go to [cuesta.edu](http://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.

**Cuesta Tech Support Email:** [support@my.cuesta.edu](mailto: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](#)

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 course. I **do not** accept any late assignments no exceptions.

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.

Jenel Guadagno