

Welcome to HEED 202 Health Education

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Course Start Date Online: Monday, June 12, 2017

(The course will be open to you on: Monday, June 12, 2017. If you try to access the course before hand and you are unsuccessful at logging on, it is because the course is not available to you yet. I know some of you may be eager to get online but you will need to be patient).

Please read ALL the information below for a brief overview and information pertaining to this course.

THIS COURSE IS FULLY ONLINE. THERE ARE NO MANDATORY FACE TO FACE MEETINGS

IT IS EXTREMELY IMPORTANT THAT YOU STAY ON TOP OF ALL YOUR READING, ASSIGNMENTS, QUIZZES AND EXAMS.

COURSE BEGINS ON: Monday, June 12, 2017 AND ENDS ON Friday, July 21, 2017

COURSE DESCRIPTION:

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.

WELCOME:

Welcome to Health Education!

I'm glad to have you in the class and I look forward to working with you all this summer. You will have the opportunity, to explore and understand your own health and the health issues as they relate to minority/ethnic groups. You will also have the opportunity to interact with other students in the class through discussions and chat sessions as well as have the opportunity to create assignments which allow you to discover multicultural health topics and issues.

HOW TO ACCESS YOUR ONLINE CLASS:

Moodle is your online modality to this course.

Moodle will not be available for you to view until Monday, June 12, 2017

How to access Moodle:

Go to <http://moodle.cuesta.edu>

Moodle login information

Login name matches you're my.cuesta login name: firstname_lastname

Default Moodle Password is: Changeme1

You will be forced to change your password the first time you login.

Moodle Training Resources:

Moodle quick training materials:

http://academic.cuesta.edu/training/training_materials/Moodlle_for_students_QR.pdf

Cuesta College Distance Education Resources: <http://library.cuesta.edu/distance>

Computer Requirements: Browser requirements/minimum computer specifications

http://www.cuesta.edu/student/aboutacad/distance/faqs_technical.html

Required Textbook:

You can purchase a Hard Copy of the textbook in the Cuesta Bookstore.

Hard Copy Information from the Cuesta College Bookstore:

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

Publisher: Pearson

ISBN# 978-0-321-51641-1

OTHER INFORMATION:

If this is your first online course please spend some time before class looking at the Moodle training link above. The first few days of class you the opportunity to browse around the course and get yourself familiar with Moodle and the class format. 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, test, discussions, etc. Once you get behind it can be a challenge to catch up. Also 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. I look forward to "seeing" you in the summer.