

Welcome to Women's Health Issues HEED 203

Distance Education

Summer 2017



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Course start date: Monday, June 12, 2017 (The course will not open before then, please be patient if you are trying to log on early).

Course end date: Friday, July 21, 2017.

Course description Presents major health issues of special significance to women cross culturally. Emphasis will be placed on current trends in the prevention of chronic diseases and health disorders, the promotion of a positive body image, and self-empowerment. Identification of significant cultural obstacles of access for women's health care by non-dominant groups are presented. In addition, traditional, as well as, experiential and cooperative teaching/learning strategies will be used to explore the application of lifestyle changes to individual health beliefs and practices.

Required text: Kolander, C., Ballard, D. and Chandler, C. *Contemporary Women's Health: Issues for Today and the Future* McGraw Hill, New York (2013).

The text can be purchased in the Cuesta bookstore.

****Please read ALL the information in the following pages for a brief overview of the logistics regarding this online course****

Welcome to Health Education 203. I am your instructor, Michelle Zulim-Clark. I teach a variety of health education, kinesiology and kinesiology activity classes on the San Luis Obispo campus.

This semester you will have the opportunity to learn more about major issues of special relevance to women with an emphasis on chronic disease prevention, promotion of positive body image, application of self-empowerment strategies, and global issues related to women.

You will also have the opportunity to interact with other students through discussion sessions held throughout the semester.

This course is fully online- there are no mandatory face to face meetings.

This is not a self paced course. You will have weekly readings and assignments. To be successful in the class, you need to stay on top of course work, readings, and quizzes. **This is a 6-week, fast paced course. Please READ the syllabus on the first day of class. We will cover 3 weeks of class work each week. This includes, but is not limited to the following: reading 3 chapters, taking 3 quizzes and engaging in 3 discussion questions weekly. We will also have other assignments, videos to watch and additional readings. Having said that, I do think you will enjoy the content, and may be surprised at what you can learn in a short amount of time!**

If you are new to online courses, please take a moment to take this survey:

<http://www.cuesta.edu/student/aboutacad/distance/survey.html>

Read the following checklist: <http://www.cuesta.edu/student/aboutacad/distance/forwhom.html>

How to access your online class:

Canvas is the online modality to this course.

For more information on Canvas and how to use it, see our information page:

<http://cuesta.edu/academics/distance/index.html>

Back up plan: Please have a backup plan for what you will do if your computer crashes, or is inaccessible for any reason. List three places you will be able to access a computer to complete assigned work.

Course drop date: You must log on the first week, or you will be dropped. Please see the administration and records website for more information regarding drops:

<http://cuesta.edu/student/studentservices/admrrreg/index.html>

Academic honesty policy: Please review the following link for information regarding policy

<http://cuesta.edu/student/studentservices/admrrreg/arpolicies/index.html>

Thank you. I look forward to working with you this semester and guiding you to a healthy lifestyle.

-Michelle