

HEED 208 Multicultural Health Education Distance Education Welcome to HEED 208!

I look forward to working with you all this 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: John Marsh

Email: jmarsh@cuesta.edu

Course Start Date Online: Tuesday, January 16, 2018

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

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.**

E-book Purchase Information:

Online Registration Instructions: Click on this [link](#) to purchase the e-book and follow directions.

COURSE DESCRIPTION:

Presents the major health problems facing non-dominant/minority ethnic groups related to acculturation, assimilation, and biological variations. Various health beliefs systems, folk remedies, health practices, and attitudes toward health will be analyzed to promote prejudice reduction and understanding of cultural differences. A variety of non-traditional and experiential teaching/learning strategies will be used to examine alternative approaches to healthy lifestyle.

STUDENT LEARNING OUTCOMES:

1. Compare and contrast nutrient analyses of various ethnic diets. Optional: Demonstrate accurate analysis of ingredients on a food label including identifying saturated fats, trans fats, salt and refined sugar. [Note: Reading a food label and analyzing the ingredients is part of the course content for all health classes]
2. Evaluate contemporary media and literature for institutional discrimination and analyze examples of dominant and non-dominant group conflict.
3. Appraise lifestyle changes you have made or plan to make because of taking this health class.
4. Evaluate lifestyle changes that will reduce your risk of major chronic or communicable diseases based on your family health history and lifestyle choices.

5. Differentiate between bias, prejudicial and/or discriminatory behavior and non-judgmental and acceptance of others behavior/ attitudes.

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 208) to get started.

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](#)

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.

John Marsh