INTRODUCTION

OVERVIEW & PHILOSOPHY
This course is intended to provide the student with up-to-date information regarding the major health and wellness topics that affect us all. Such topics include but are not limited to nutrition, physical fitness, stress management, sexually transmitted diseases, and drugs. The goal is to present this information in such a way as to allow the student to apply it to his or her daily life, thereby reaping benefit. Presentation formats will include lecture, group projects, and online discussions.

ROLE / RESPONSIBILITY OF THE INSTRUCTOR AND STUDENT
It is our responsibility to ensure a quality learning experience for all students. For this reason, we will monitor all discussions whether or not we are actively contributing. If discussions get off track, or the tone becomes unfriendly, we will contribute to get things flowing smoothly again. Furthermore, we can track where (in Canvas) students have been. We can see whether or not you have logged in, navigated areas, taken quizzes/exams, etc. Finally, we are familiar with many of the hurdles students face when taking courses online and will do all we can to help you overcome them. But, ultimately, you are responsible for earning a grade in this course – we will work as hard for you as you are working for yourself. So make sure you keep up with the materials/assignments (remember we can track this) and you should have no problem performing well in this course.

COURSE DESCRIPTION
Health Science
HLHSCI 100 HEALTH EDUCATION
Units: 3.00 - UC:CSU, May Be Taken Once for Credit
Surveys the psychological, physical, social, intellectual, environmental, and spiritual dimensions of health. UC credit limitation: HLHSCI-100, and HLHSCI-243 combined, maximum credit one course.

COURSE PREREQUISITES
Although there is not prerequisites for this course, students should have computer competency and some experience with online course delivery systems before enrolling. “Computer competency” implies the ability to: send and receive email, attach documents to email messages, open attached documents to email messages, use a word processing program like Microsoft Word or its equivalent, cut and paste text between your word processor and your web browser, and log onto (and navigate) the internet. Exposure to an online course delivery system will ensure the student is familiar with online examination, discussion boards, and the retrieving of materials. All students who have a current student identification card (available from the Student Development Office) are welcome to use the The Learning Center (TLC) on campus. The TLC houses numerous computers with
high speed, internet access that will be sufficient to meet your needs for this course. The TLC lab also has personnel dedicated to the support of students using Canvas in their courses.

**COURSE INFORMATION**
Upon completion of this course students should be able to:

1. Identify basic human needs and list the characteristics of good emotional health.
2. Describe the five components of physical fitness and construct a comprehensive fitness regimen.
3. Compare and contrast concepts: holistic health, health promotion and wellness.
4. Identify and analyze the consequences of abuse and misuse of products that result in dependency on psychoactive drugs, alcohol and tobacco.
5. List and differentiate the processes of diagnosis, prognosis and treatment of cancer, cardiovascular, infectious and noninfectious diseases.
6. Identify the anatomical structures and describe the functions of the female and male reproductive systems.
7. Describe and distinguish between fertility control and contraception.
8. Analyze the role of consumerism in the selection of health care providers, facilities, products and information.
9. Examine and evaluate the aging process, euthanasia, and personal preparation for dying and death.

**CLASS PARTICIPATION**
Students are advised that participation is required to pass this class. Failure to participate in online discussions, course activities, and/or regularly reviewing materials will result in a lower earned grade in the course. Generally, students are only dropped at the beginning of the semester to make room for students attempting to add. Should a student stop participating in the class, it is his/her responsibility to officially withdraw through the Office of Admissions. Failure to do so may result in a grade of “F” or “FW”.

**TEXTBOOK INFORMATION**
**ONLINE EDUCATIONAL RESOURCE (OER).** This course uses an Open Educational Resources (OER) Textbook. OER is material created under a Creative Commons (a public copyright license) that gives people the ability to share, use, and build upon each other’s work. College of the Canyon’s faculty have adopted and created OER to provide high-quality educational material to you at no cost online and low-cost print options. All materials will be posted on Canvas.

**ADDITIONAL INFO.**

**COURSE PREREQUISITES**
Although there is not prerequisite for this course, students should have computer competency and some experience with online course delivery systems before enrolling. “Computer competency” implies the ability to: send and receive email, attach documents to email messages, open attached documents to email messages, use a word processing program like Microsoft Word or its equivalent, cut and paste text between your word processor and your web browser, and log onto (and navigate) the internet. Exposure to an online course delivery system will ensure the student is familiar with online examination, discussion boards, and the retrieving of materials. All students who have a current student identification card (available from the Student Development Office) are welcome to use the Tutoring, Learning, and Computing (TLC) Laboratory on campus.
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**ADVISEMENT ON COURSE SUBJECT MATTER & STUDENT CONDUCT**
Students should be advised that the content of this course might, at times, contain material that is disturbing. It is not the intent of the instructor to cause discomfort, distress, or embarrassment to you based on your gender, age, religion, values, race, nationality, or ethnic affiliation. However, information in this course may, on occasion, focus on topics that relate to these personal characteristics and points of view. In addition, this course may contain controversial material. “Controversial” in the sense that there are often varying points of view on a matter, and sometimes, those points of view are in direct opposition to one another. As these issues are inherent to this subject matter, consideration as well as courtesy and tolerance of the views of others are essential to your participation in this course. Those who feel they cannot accept the guidelines outlined above are advised to seek another course in which they will feel more comfortable.

**ONLINE CLASSROOM/DISCUSSION BOARD COURTESY**
“Disruptive behavior”, such as: rudeness, profanity, disruptive expression or intolerance of other views, refusal to follow direction; discourtesy toward the instructor or fellow students, or cheating, WILL NOT BE TOLERATED. Students who wish to conduct themselves in this manner may be warned one time (and one time only) – a second occurrence will result in the student being dropped from the course. In the event of particularly offensive behavior, the student will be dropped from the course immediately and recommended for disciplinary action by the College. A good rule of thumb: conduct yourself in the online environment much the same as you would in an on ground class. Think about what and how you would make a contribution to an on ground discussion BEFORE you post your comments online. If you wouldn’t say it with an instructor and other classmates present, don’t post it. There are specific guidelines regarding behavior in the online environment, the term for which is “Netiquette.” The recommendations are fairly simple and relate largely to the conduct considerations already mentioned. Please review the following website regarding Netiquette:
http://www.albion.com/netiquette.html

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### Canvas

The course can be accessed via Canvas at cv.canyons.edu on the first day of the course. Follow the login instructions at the bottom of the screen to log in.

Here, you can also access Canvas user guides with helpful tips for navigating and using Canvas. For any Canvas related issues please call the Canvas Student Support line at (661)362-3344 during college business hours, or (877)889-9052 for 24/7 support.

For technical support using Canvas, visit the Canvas tech Support page for students.

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### College of the Canyons has online resources to help you succeed in this course. The following resource links that may be especially helpful to you:

- The Distance Learning office has a variety of information to help you to be successful in online and hybrid classes, from Canvas tutorials to time management strategies. Visit them at: [www.canyons.edu/online](http://www.canyons.edu/online)

- The Learning Center (TLC) provides FREE face-to-face and ONLINE tutoring, proctoring for courses that have required proctored exams, Study Jam review sessions, computers with over 300 software programs, and more! Go to: [www.canyons.edu/TLC](http://www.canyons.edu/TLC)

- Disabled Students Program & Services (DSPS) provide educational services and access for eligible students with documented disabilities. Find information about this program and how to access these services at: [www.canyons.edu/DSPS](http://www.canyons.edu/DSPS)

- Online Counseling can help you map out a plan to reach your educational goals as well as advise you on course selection and registration. Visit the Online Counseling website to learn more.