**HEED 202 - Health Education (CRN 50096)**

**This 6-week online course begins Monday, June 13th and ends Friday, July 22nd**



**Contact Information:**

*Instructor:* John Marsh, MS (he, him, his)

*Email:*  <jmarsh@cuesta.edu>

HEED 202 is offered asynchronously. You are not required to report to a virtual classroom for lectures. All course materials will be provided on a weekly basis for you to complete on your own timeline within the requirements of the course calendar.

**Student Help Hours (Office Hours) Links below:**

My office hours are TBD.  The best way to contact me is through direct e-mail. I will generally respond to your emails within 2-3 hours during weekdays and within 24 hours on weekends.

**Welcome Letter:**

Welcome to HEED 202.  Over the next 6 weeks I will be your guide to exploring what constitutes health and understanding more about the process of your own personal health as well as that of our country.  You will find HEED 202 to be very educational but it is also challenging.  You are required to complete all course work and are more likely to be successful if you are organized and diligent in your study habits rather than simply being a good test taker.

**Diversity Statement:**

Inclusion, diversity, and equity are hallmarks of a safe, supportive, and educational classroom environment. Part of my objective for this course is to create the safe space that enables all students to engage openly, respectfully, and equally with their classmates, and their instructor, for their education. Please help me create this space with your own positive actions towards others as well.

**Course Expectations:**

Expect to complete 12+ hours of work on this course, weekly. Please see the course calendar for required weekly quizzes, assignment submissions, discussion forums, video presentations, course lectures, and the opportunity to review Power Point slides and complete reading assignments. My goal is to provide all required study materials to you, the student, at the beginning of the term and to have you complete them on a week by week basis.  You can work ahead in this course, but you can't fall behind.  Please recognize this is a goal and not a requirement of me. Be patient with the process as I am working as diligently and efficiently as I expect you are.  Additional details concerning the course can be found on the Syllabus.

**Required Course Materials:**

To enhance your learning experience and provide affordable access to course material, this course is part of Cuesta’s First Day delivery program. You can access the required McGraw-Hill Connect materials for HEED 202 with no codes required through Canvas.

Cuesta College will bill you at a discounted price for this course on the course census date when you *Opt-In* to the course materials (including online text readings and ability to complete required course assignments/quizzes).

It is NOT recommended that you Opt-Out, as these materials are required to complete HEED 202. You can choose to Opt-Out on the first day of class, but you will be responsible for purchasing your course materials at the full retail price and access to your materials may be suspended. For more information and FAQs go to [customercare.bncollege.com](http://customercare.bncollege.com/).

**Regular Effective Contact policy:**

Regular and effective instructor contact will be met through weekly instructor-initiated discussion forums, weekly announcements to students, timely and effective feedback on student assignments and virtual student help opportunities (office hours).

**Course Description:**

Presents the exploration of major health issues and behaviors in the various dimensions of health. Emphasis is placed on individual responsibility for personal health and the promotion of informed, positive health behaviors. Topics include nutrition, exercise, weight control, mental health, stress management, violence, substance abuse, reproductive health, disease prevention, aging, healthcare, and environmental hazards, and safety.

**Course Environment:**

This online course will use Canvas and McGraw-Hill Connect as the methods to disseminate information. Canvas provides the framework for the course including Power Point presentations, student data files, recourse links and required attachments, the tools to receive and send course materials, assignment/discussion links and a grade book, etc. Through McGraw-Hill Connect you will be reading your text, and taking quizzes.  McGraw-Hill Connect is integrated with the Canvas platform.  You do not need to navigate to separate sites to complete your coursework.  All coursework is completed through Canvas.

**Necessary Technology:**

To complete the HEED 202 - Health Education course, you will need access to the following technology: PC computers preferred with Microsoft Office 365 capabilities. **Mac’s acceptable (if using a Mac all files need to be exported to .word, or .pdf before being uploaded to Canvas)**. Ability to use a personal video channel like YouTube to create and upload video files to Canvas is necessary. I will be using Zoom to create and share lectures that follow the some of the Power Point outlines provided by McGraw-Hill and some that follow my own presentation design.  Zoom accessibility is required for this course. *No e-mail submissions, .pages files or Googledocs allowed!*

Canvas tutorials are linked in the course syllabus and accessible once you have registered for the course.

**Student Learning Outcomes:**

1. Apply discipline-based assessment and evaluate strategies to express credibility and reliability of health literature.
2. Demonstrate accurate association between food choices, stress, exercise, environmental factors, risk of major non-communicable diseases, and accident prevention.
3. Evaluate lifestyle changes currently made or have plans to make as a result of taking this health education course.
4. Develop a plan for lifestyle changes that will reduce your risk of major chronic disease based on your family health history and/or current lifestyle.
5. Describe the dimensions of wellness.
6. Explain the effects of aging on the dimensions of health

**Canvas Technical Support:**

Please direct all technical support inquiries to [support@my.cuesta.edu](mailto:support@my.cuesta.edu). If you are having difficulty with Canvas, you should contact the Canvas Support Hotline at (877) 921-7680, or click on the help button on the Canvas Navigation to report a problem.

**Accommodations:**

This course is designed using an accessible Learning Management System, and course materials have been created with ADA compliance in mind. If you have a disability and might need accommodations in this class such as extended time on exams or other resources. Please contact the instructor as soon as possible so that you can receive appropriate accommodations in a timely manner. [You should also contact DSPS.](https://www.cuesta.edu/student/studentservices/dsps/index.html) (Disabled Student Programs & Services) at 805-546-3148

**Covid-19 Policy:**

All coursework is expected to be turned in according to the syllabus. However, as your instructor, I am sympathetic to extenuating circumstances, especially concerning covid-19. Please be sure to communicate to me **ahead of time** if you are in need of accommodation because of these circumstances. [Cuesta covid-19 updates.](https://www.cuesta.edu/access-help/contact-us.html)

**Policies and Procedures:**

[Cuesta College Course Add Policy Linked Here.](https://www.cuesta.edu/student/studentservices/admrreg/arpolicies/addcourse.html)

[Cuesta College Course Drop Policy Linked Here.](https://www.cuesta.edu/student/studentservices/admrreg/arpolicies/dropcourse.html)

[Cuesta College Academic Honesty Policy / Student Code of Conduct Linked Here.](https://www.cuesta.edu/about/documents/vpss-docs/StudentConducttrifold-brochure_2017.pdf)

**Resolution Coordinator:** Cuesta College has a dedicated Student Support Resolution Coordinator, Donna Howard. Donna helps students with financial emergencies, food or housing insecurities, personal conflicts, and locating resources in the community. If you need help, contact Donna in Room 3172, 805.546.3192 or [donna\_howard1@cuesta.edu](mailto:donna_howard1@cuesta.edu).  **Donna can also help you with financial emergencies through CARES**

**Health and Safety:** For students facing [physical health.](https://www.cuesta.edu/student/resources/healthcenter/index.html) or [mental health](https://www.cuesta.edu/student/resources/healthcenter/mentalhealth/index.html)concerns, Cuesta offers free, confidential assistance from licensed professionals. Visit room 3150 or call (805) 546-3171. You can also use the virtual lobby at <https://www.cuesta.edu/admissionsaid/virtual-lobby.html>