Basic Course Information

Semester	**Summer 2020**	Instructor's Name	Andrew Robinson
Course Title & #	Health Education 102-Canvas Version	Instructor's Email	andrew.robinson@imperial.edu
CRN #	**30079**	Webpage (optional)	
Room	**Online**	Office (PT Faculty:809)	RM 716
Class Dates	**6/21/20-7/30/20**	Office Hours (n/a for PT Faculty)	Available 900am-12pm Mon-Thurs or By appt only
Class Days	**Mon-Thurs**	Office Phone # (PT may use dept. number)	Alternate google number 760-483-3523
Class Times	TBD	Who students should contact if emergency or other absence	
Units	3		

Course Description

This course is designed to provide various health concepts and promote healthy attitudes and increase action towards creating a healthier lifestyle.

Student Learning Outcomes

1. Identify correct cardiovascular principles and design a cardiovascular program

2. Engage in a personal cardiovascular program

3. Identify basic health terms

Course Objectives

1. To understand the importance of engaging in a healthy lifestyle

2. To understand various health concepts

3. To read and discuss various health related case studies

4. To learn information share information

Textbooks & Other Resources or Links

HEALTH -THE BASICS, 13TH EDITION: BY REBECCA J. DONATELLE/ MY LAB AND MASTERING ACCESS CODE
CAN BE PURCHASED THROUGH IVC BOOKSTORE

Course Requirements and Instructional Methods

Access to internet/Laptop or Desktop computer/Google Chrome Browse or Firefox to access canvas information/E Book will be provided in My Lab and Mastering Health program

Out of Class Assignments: Required reading for each chapter/Weekly modules/
Canvas assignments/Quizzes/Exams

Course Grading Based on Course Objectives

A Gradebook will be implemented into Canvas to help you keep track of how you're doing in the class. The assignments will be given and graded in a timely manner.

Exams:	500pts	Scale:	A = 100 - 90%
Canvas writing assignments (5):	250pts		B = 89 - 80%
Quizzes (10)	100pts		C = 79 - 70%
My Lab and Mastering assignments	310pt		D = 69 - 60%
Zoom Lectures (5)	100pts		F= 59% and Below
Final	200pts		
Total Points:	1460 pts		

Attendance

Students will be required to check in and complete all required assignments that will be given on a weekly basis. All attendance and participation grades will be generated through online coursework. Students that do not have access to online resources with be given time accommodations to help them stay on task or catch up.

- A student who fails to attend the first meeting of a class or does not complete the first mandatory activity of an online class will be dropped by the instructor as of the first official meeting of that class. Should readmission be desired, the student's status will be the same as that of any other student who desires to add a class. It is the student's responsibility to drop or officially withdraw from the class. See General Catalog for details.
- Regular attendance in all classes is expected of all students. A student whose continuous, unexcused absence exceed the number of hours the class is scheduled to meet per week may be dropped.
- Absences attributed to the representation of the college at officially approved events (conferences, contests, and field trips) will be counted as 'excused' absences.

Classroom Netiquette

[Required Information for web-enhanced, hybrid and online courses: Describe your policies regarding netiquette. The below is suggested language and may be modified for your course.]

- What is netiquette? Netiquette is internet manners, online etiquette, and digital etiquette all rolled into one word. Basically, netiquette is a set of rules for behaving properly online.
- Students are to comply with the following rules of netiquette: (1) identify yourself, (2) include a subject line, (3) avoid sarcasm, (4) respect others' opinions and privacy, (5) acknowledge and return messages promptly, (6) copy with caution, (7) do not spam or junk mail, (8) be concise, (9) use appropriate language, (10) use appropriate emoticons (emotional icons) to help convey meaning, and (11) use appropriate intensifiers to help convey meaning [do not use ALL CAPS or multiple exclamation marks (!!!!)].

Academic Honesty

- Plagiarism is to take and present as one's own the writings or ideas of others, without citing the source. You should understand the concept of plagiarism and keep it in mind when taking exams and preparing written materials. If you do not understand how to correctly 'cite a source', you must ask for help.

- Cheating is defined as fraud, deceit, or dishonesty in an academic assignment or using or attempting to use materials, or assisting others in using materials, or assisting others in using materials, which are prohibited or inappropriate in the context of the academic assignment in question.

  Anyone caught cheating or will receive a zero (0) on the exam or assignment, and the instructor may report the incident to the Campus Disciplinary Officer, who may place related documentation in a file. Repeated acts of cheating may result in an F in the course and/or disciplinary action. Please refer to the General School Catalog for more information on academic dishonesty or other misconduct. Acts of cheating include, but are not limited to the following: (a) plagiarism; (b) copying or attempting to copy from others during an examination or on an assignment ;(c) communicating test information with another person during an examination; (d) allowing others to do an assignment or portion of an assignment, (e) use of a commercial term paper service

Additional Help – Discretionary Section and Language

- CANVAS LMS. Canvas is Imperial Valley College's main Learning Management System. To log onto Canvas, use this link: Canvas Student Login. The Canvas Student Guides Site provides a variety of support available to students 24 hours per day. Additionally, a 24/7 Canvas Support Hotline is available for students to use: 877-893-9853.
- Learning Labs: There are several 'labs' on campus to assist you through the use of computers, tutors, or a combination. Please consult your college map for the Math Lab, Reading & Writing Lab, and Learning Services (library). Please speak to the instructor about labs unique to your specific program
- Library Services: There is more to our library than just books. You have access to tutors in the learning center, study rooms for small groups, and online access to a wealth of resources.

Disabled Student Programs and Services (DSPS)

Required Language: Any student with a documented disability who may need educational accommodations should notify the instructor or the Disabled Student Programs and Services (DSP&S) office as soon as possible. If you feel you need to be evaluated for educational accommodations, the DSP&S office is located in Building 2100, telephone 760-355-6313.

Student Counseling and Health Services

Required Language: Students have counseling and health services available, provided by the pre-paid Student Health Fee. We now also have a fulltime mental health counselor. For information see http://www.imperial.edu/students/student-health-center/. The IVC Student Health Center is located in the Health Science building in Room 2109, telephone 760-355-6310.

Student Rights and Responsibilities

Required Language: Students have the right to experience a positive learning environment and due process. For further information regarding student rights and responsibilities please refer to the IVC General Catalog available online at http://www.imperial.edu/index.php?option=com_docman&task=doc_download&gid=4516&Itemid=762

Information Literacy

Required Language: Imperial Valley College is dedicated to help students skillfully discover, evaluate, and use information from all sources. Students can access tutorials at http://www.imperial.edu/courses-and-programs/divisions/arts-and-letters/library-department/info-lit-tutorials/

Anticipated Class Schedule / Calendar

Required Information –Discretionary Language and Formatting: The instructor will provide a tentative, provisional overview of the reading, assignments, tests, or other activity for the duration of the course. The faculty may find a table format useful for this purpose.

Week 1 :   Introduction Chapter 1 & 3- **Exam Chapter 1 and 3 (50 questions each exam)**

Week 2:   Chapter 4/5/6- **Exam Chapter 4/5/6**

Week 3:   Chapter 7/8/9- **Exam Chapter 7/8/9**

Week 4:   Chapter 10/11/12- **Exam Chapter 10/11/12**

Week 5:   Chapter 2/13/14- **Exam Chapter 2/13/14**

Week 6:   Chapter 15/16- **Final Exam**