



# Welcome to ITV - The Week-End College!

## You are enrolled in:

**Health 11 (7985)**  
**(CSU) 3 Units**

### *Principles of Healthful Living*

Implements the World Health Organization's definition of health that Health is the state of physical, mental and social well-being, not merely the absence of disease.

The Weekend College classes combine video lessons and online activities with weekend class meetings. You should complete all three components to successfully pass the class. The course requirements are in the online syllabus. If you have questions contact your instructor via email or by telephone during their office hours listed above.

**Instructor**  
**Virginia Smith, RN, MSN.**  
(818) 364-7600, ext. 7165  
health11professor@gmail.com

**Office Hours**  
Thursdays, 1:00 PM – 8:00 PM

## Getting Started

Even though you do not meet with your instructor until the second weekend after the semester begins, the online component begins February 9, 2009. Follow the checklist below to get started in your class now.

**1. Choose a Campus**

Select the campus to attend your weekend class and make note of its time and location. Directions and maps to the campuses can be found at: [www.laccd.edu/our\\_colleges/](http://www.laccd.edu/our_colleges/).

**2. Buy Your Books**

The back of this page lists the required and recommend books for your course. Buy your books as soon as possible so that you can get started on your assigned readings. Textbooks can be purchased at City, Southwest, Mission, Valley, and Pierce Colleges or from most online bookstores.

**3. Log In**

The class website opens **February 9**, log in and read your course syllabus. It will list all assignments and quizzes times and due dates. You can find log-in instructions on the last page of this letter.

**4. Email Your Instructor**

Once you have logged in, email your instructor and let her know that you have successfully logged in to the class website.

**5. Plan Your Schedule**

Weekend College courses are fast paced—covering a lot of material in a short period of time. At a minimum, you can expect to spend 10 to 12 hours per week completing the assignments. Schedule time in advance for reading the textbooks, watching the video episodes and completing the online assignments. If you plan to watch or record the videos on the educational cable channel LA 36, note those times and set your Tivo or DVD recorder in advance. The broadcast schedule is on the back of this page.

## Classroom Location Schedule

Attend class at any one of the four campuses: L.A. City, L.A. Pierce, Southwest or L.A. Valley College. The instructor teaches at all four locations.

Day	Campus	Time	Location
Saturday	L.A. City College	9:00 A.M. – 12 Noon	DaVinci Hall, Rm. 306
	Southwest College	1:30 P.M. – 4:30 P.M.	Lecture Lab., Rm. 113
Sunday	L.A. Pierce College	9:00 A.M. – 12 Noon	Business Bldg., Rm. 3204
	L.A. Valley College	1:30 P.M. – 4:30 P.M.	Foreign Language Bldg., Rm. 106

Attendance at the class meetings is expected.  
If you fail to attend, you may be dropped from class.

# Spring 2009 CALENDAR

February 9 – April 5, 2009

## Important Dates and Deadlines

Last Day to Add classes by STEP or Online .....	Feb. 8
Semester Begins .....	Feb. 9
Last Day to Drop or Change Classes .....	Feb. 15
<i>(without Incurring Fees)</i>	
Cablecasts Begin on Cable Channel LA 36 .....	Feb. 19
Last Day to ADD by FAX or in-person.....	Feb. 20
Last Day to Drop Classes Without a "W".....	Feb. 27
<i>(no refund)</i>	
Last Day to File for Credit/No Credit .....	Mar. 11
Last Day to Drop with a "W" .....	Mar. 28
<i>(After this date a grade must be issued)</i>	

## Class Meeting Schedule

<b>No Class Meeting .....</b>	<b>Feb. 14 &amp; 15</b>
Class Meeting .....	Feb. 21 & 22
Class Meeting .....	Feb. 28 & Mar. 1
Class Meeting .....	Mar. 7 & 8
<b>Midterms Exams.....</b>	<b>Mar. 14 &amp; 15</b>
Class Meeting .....	Mar. 21 & 22
Class Meeting .....	Mar. 28 & 29
<b>Final Exams.....</b>	<b>Apr. 4 &amp; 5</b>

***A photo ID is required to take exams.***

## Textbooks

### Required:

**Title:** An Invitation to Health, Brief Edition  
**Edition:** 5/E, 2008  
**Author:** Hales, Dianne  
**Publisher:** Thomson Learning  
**ISBN:** 978-0-4951-1175-7



Textbooks are available in the college libraries. Most libraries have the texts on Reserve, (two hour use, in the library) some libraries have copies in the General Collection. Individual Library Policies apply and they may be different at each campus. Generally, students must have a valid student ID *for the campus they intend to use*, to check out or use library materials. For example, to check out books from Pierce College Library students must have a valid Pierce College Student ID. Students who enrolled only in ITV classes may obtain a Mission College ID through the Admissions Office at Mission College.

## Video

### ***The Human Condition***

*Four Ways to Watch the Videos*

1. Available on the Los Angeles Educational Channel, LA 36. The broadcast schedule is:  
**Thursdays, Feb. 19 – Apr. 2 @ 10:00 AM – 12:00 Noon**
2. Purchase a complete set of the DVD's from the L.A. Pierce College Bookstore:  
**www.piercebookstore.com or 818-347-0313**
3. Available in Broadband at: [www.lamission.edu/ITV](http://www.lamission.edu/ITV)
4. Watch the video lessons at the Learning Resource Centers at City, Pierce, Southwest, Valley, and Mission Colleges. You must bring your student ID or fee receipt to view the videos.

Dear Students,

Welcome to Health 11: Principles of Healthy Living, Session A for Spring 2009. This course will provide a comprehensive overview of the key health issues that affect human individuals and populations. We will also deepen our understanding of healthy choices, and develop practical tools to apply health information to our daily lives.

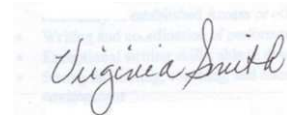
In our time together, we'll be covering a breadth of important material. I encourage you to keep an eye on deadlines and participate actively in our discussions, both online and during our weekend meetings. Please be sure to purchase the textbook, An Invitation to Health, Brief: 5<sup>th</sup> Edition by Dianne Hales, and determine how you will watch the required videos. And now that you've logged in, do the following: Print this syllabus and the attached schedule, and make note of requirements and important dates. Then, go to Discussion Forums and respond to the "Class Introductions" thread.

A few words about my background: I am entering my second year teaching Health with ITV and am looking forward to exploring the many aspects of health and the human response to our environment with you. When I'm not teaching, I work fulltime as a Director of Human Resources and Quality for the Department of Defense. I have been a Registered Nurse since 1975 and retired from the US Air Force in October 2006. I have worked in multiple healthcare settings, from hospital to clinic, and for the past 14 years in healthcare administration. I hope to share my many and varied experiences with you while also gaining additional perspective from you during our time together.

This course invites you – through the text, the videos, and our discussions – to engage in a journey. I'm delighted to have the chance to work with each of you in your quest toward academic success and overall wellness.

I look forward to meeting you soon. Once the course begins, feel free to contact me during office hours, via email at [health11professor@gmail.com](mailto:health11professor@gmail.com). My office hours are held from 1:00 – 8:00 PM every Thursday from February 12th – April 9th. I am available on the course site via discussion or chat, by email at [health11professor@gmail.com](mailto:health11professor@gmail.com) or by phone at (818) 364-7600, extension **7165**. I encourage you to make use of office hours - my job is to facilitate every opportunity for you to succeed in this course! – online and in person!

Best to all,

A handwritten signature in cursive script that reads "Virginia Smith". The signature is written in black ink on a white background.

Virginia Smith, RN, MSN

-OVER-

# Class Website

## Step 1. Where do I go to log on to this course?

- Go to <http://etudes-ng.fhda.edu/portal>
- Bookmark this page!
- Enter your user ID

## Step 2. What is my User ID?

In lowercase letters and with no spaces:

- use the first 2 letters of your first name
- *and* the first 2 letters of your last name
- *and* the last 5-digits of your student ID #

Example: Donna Smith:

Student ID #: 88 455 6789

User ID:

My User ID is: \_\_\_\_\_

## Step 3. What is my Password?

Using four numbers together with no spaces:

- use two numbers for your birth month
- *and* use two numbers for the birth day

Example: if your birth date was January 3

Password:

My Password is: \_\_\_\_\_

Once you have logged in you will see two sections on the top left of the page, My Workspace and on the right, your class website. Your class website begins with LAMCITYV. Click on the tab to enter the course. See the example below:



***E-mail your instructor once you have successfully logged in to the course website.***

NOTE TO AOL USERS: Launch either an Internet Explorer or a Netscape browser after you connect using AOL and minimize the AOL Browser. DO NOT USE THE AOL BROWSER.

## Add/Drop Classes & Check Grades

Forms for adding/dropping a class or requesting an official transcript can be found at [www.lamission.edu/itv](http://www.lamission.edu/itv). These forms can be faxed to (818) 833-3598 or brought in to our office.

To Add/Drop a class and check Official Grades online, visit [www.laccd.edu](http://www.laccd.edu).

To Add/Drop classes through the Student Telephone Enrollment Process (STEP):

1. Call (213) 689-8888 or (310) 605-0505 or (323) 226-1999 or (818) 988-2222
2. Press 0 for ITV/The Weekend College
3. Follow the instructions to complete your request

## We're here to Help

If you need technical assistance logging in to your course, contact ITV Technical Support at (818) 833-3596 or send an email to [mckennpg@lamission.edu](mailto:mckennpg@lamission.edu). Be sure to include:

- Your full name
- Course title and instructor
- Student ID
- Your phone and e-mail address
- Date enrolled