Health 11 (7238)  
(UC: CSU) 3 Units

Principles of Healthful Living

Offers health concepts to use today and tomorrow as guidelines for self-directed responsible living. Emphasis is placed on elating health concepts to the individual’s well-being in personal, community, vocational and leadership roles.

The Weekend College classes combine video lessons with online activities and weekend class meetings. You must 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.

Getting Started

Classes begin online Monday, February 8th. The class website will open on February 1st. You may read your course syllabus any time after February 1st. Log-in directions are on page four of this correspondence. Follow the checklist below to get started in your class.

✓ Choose a Campus
Select the campus to attend your weekend class and make note of its time and locations. Directions and maps to the campuses can be found at: www.laccd.edu/our_colleges

✓ Buy Your Book
The next page lists the required and recommended books for your class. Buy your book as soon as possible so that you can get started on your assigned readings. Textbooks can be purchased at City, Southwest, Mission, and Pierce Colleges or from most online bookstores.

✓ Register and Sign In
The class officially begins online Monday, February 8, 2016. However, the class website opens February 1st. Log in, read your course syllabus and review the course map. The course map will list all your assignments, quizzes and due dates. Log-in instructions are the last page of this correspondence.

✓ Email Your Instructor
Once you have logged in, send your instructor a message informing her that you have successfully logged into the class website.

✓ Plan Your Schedule
Weekend College courses are fast paced – covering a lot of material in a short period of time. The spring term is just eight weeks. At a minimum you can expect to spend 10 to 12 hours per week completing the assignments. Schedule time in advance for reading the textbook, 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 next page.

Classroom Location Schedule

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

<table>
<thead>
<tr>
<th>Day</th>
<th>Campus</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Saturday</td>
<td>L.A. City College</td>
<td>9:00 a.m. to 12:00 noon</td>
<td>Franklin Hall, Room 223</td>
</tr>
<tr>
<td></td>
<td>L.A. Southwest College</td>
<td>1:30 p.m. to 4:30 p.m.</td>
<td>SSEC, Room 314</td>
</tr>
<tr>
<td>Sunday</td>
<td>L.A. Pierce College</td>
<td>9:00 a.m. to 12:00 noon</td>
<td>Behavioral Science Bldg., Room 1311</td>
</tr>
<tr>
<td></td>
<td>L.A. Valley College</td>
<td>1:30 p.m. to 4:30 p.m.</td>
<td>Foreign Language Bldg., Room 110</td>
</tr>
</tbody>
</table>

Attendance at the class meetings is expected. If you fail to attend, you may be dropped from the class.
Spring A 2016 CALENDAR
February 8 – April 10, 2016

Important Dates and Deadlines
Semester Begins ............................................................... Feb 8
Cablecasts Begin on Cable Channel LA 36 ...................... Feb 15
Last Day to ADD (with instructor approval) .................... Feb. 19
Last Day to Drop or Change Classes
(without Incurring Fees) ........................................... Feb. 19
Last Day to Drop Classes Without a “W”
(no refund) ................................................................. Feb. 19
Last Day to File for Credit/No Credit ............................. Mar. 2
Last Day to Drop with a "W"
(After this date a grade must be issued) .................. Mar. 22

Class Meeting Schedule
No Class Meetings .......... Feb. 13 & 14
(President’s Day Weekend)
Class Meeting .................. Feb. 20 & 21
Class Meeting ............. Feb. 27 & 28
Class Meeting ............. Mar. 5 & 6
Midterm Exams ........ Mar. 12 & 13
Class Meeting ............. Mar. 19 & 20
Class Meeting ............. Mar. 26
No Class Meeting ........ Mar. 27
Spring Break ............... Apr. 1 – 8
Final Exams ................. Apr. 9 & 10

A photo ID is required to take exams.

Textbook

Required:
• Title: Essential Concepts for Healthy Living
• Author: Alters, Sandra & Schiff, Wendy
• Edition: 7/E, 2016
• Publisher: Jones and Bartlett
• ISBN: 978-1-284-04997-8

Videos

The Human Condition
Four Ways to Watch the Videos

1. Watch the lessons on the Los Angeles Educational Channel, LA 36. The broadcast schedule is:
   Mondays, Feb. 15 – Mar. 28 @8:00 a.m. to 10:00 a.m.

2. Purchase your textbooks and a complete set of the DVDs from the Mission or Pierce College Bookstore:
   http://eagleslanding.lamission.edu or www.piercebookstore.com

3. Available in Broadband at: www.lamission.edu/ITV

4. Watch the video lessons in the Learning Resource Centers at any of the LACCD Colleges. You must bring your
   fee receipt to view the videos.
Dear Students,

Welcome to Health 11: Principles of Healthy Living for Spring 2016, Session A.

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 will be covering a breadth of important material. This term will be very fast paced and challenging. All materials, including schedules and resources needed for the course is located on the ETUDES website at https://myetudes.org/portal. I encourage you to keep an eye on deadlines through Course Map, and participate actively in our discussions, both online and during our weekend meetings.

As part of your introduction to this course, I would like you to go to "Discussions and Private Messages" on the website and answer Discussion Topic #1, “Self-Introduction.” It will ask you to introduce yourself to the class. Tell us something about yourself. Why are you taking this course? What are your educational goals and what are your plans for the long term? Is there other information you are comfortable sharing with the class? As part of this assignment, you will need to reply to two other students and welcome them into the class. This will help us all get to know one another a little better before the class actually begins!

The first week ends on February 14th; I strongly encourage your immediate participation in Discussion Topic #2, “Changing Health-Related Behavior” on the web site. Through group participation in the discussion topics each week, there is an opportunity to experience the multiple perspectives from your classmates (and to some extent from myself) and to listen to one another about important topics related to this course. Also, to get started you should:

- Purchase or rent the textbook, Essential Concepts for Healthy Living, 7th Edition by Sandra Alters and Wendy Schiff, ISBN 978-1-4496-5193-0. Contents of this textbook are used extensively throughout the course; successful completion of the course will require access to the textbook contents. If you choose, you may purchase a digital version of the text at Navigate 2 Advantage Access. Navigate 2 can be purchased for 50% of the cost of a new text at:

http://www.jblearning.com/catalog/9781284075748/

- Select a method to view The Human Condition video series. The videos are a compelling series that explores the major health concerns and issues that we face in the 21st century. The videos are a valuable part of this course content and material from the series is included in various assignments and tests during the term.

- Download the syllabus from the ETUDES web site under the “Syllabus” tab located in the left column of the home page. Locate the Syllabus Quiz under the “Assignment, Tests, and Surveys” Tab, also on the left side of the home page. Be sure to read the Syllabus carefully so that you understand what is expected of you during this course and so you can earn maximum points on the Syllabus Quiz. There is a password embedded in the Syllabus that you will need in order to take the syllabus quiz, so be sure to read the entire syllabus to find the password!

A few words about my background: Health is not just my career it is my passion. With each new semester, I look forward to exploring the many aspects of health and the human response to our environment with my students. I have also taught Nutrition for Life and Peer Nutrition Counseling at California State University, Northridge, Nutrition Science at Pepperdine University in Malibu, and I have a private practice where I see many individuals with various health issues. I hope to share my varied experiences with you while also gaining additional perspectives from you during our time together.

Once the course begins, feel free to contact me during office hours from 11:00 – 6:00 PM every Wednesday, starting February 10th – March 30th; my phone number is (818) 364-7600, extension 7160. To email me, I request that you use the “Private Message” function on the course web site; I will also be available on “Chat” during office hours and in the evening when I am logged in to the course website. You may also contact me at kole@lamission.edu. I encourage you to make use of my office hours - my job is to facilitate every opportunity for you to succeed in this course – online and in person!

Wishing you good health,

Lorrie Kole, M.S., RDN
Online Class Website

Step 1. Where do I go to log on to this course?
Go to http://myetudes.org/portal
Bookmark this page!
Enter your user ID

Step 2. What is my User ID?
In lowercase letters and with no spaces:
the first 2 letters of your first name
and the first 2 letter of your last name
and the last five digits of your student ID

Example:
Donna Smith
Student ID #: 88 455 6789
User ID: dosm56789
My User ID is:

Step 3. What is my password?
Using four numbers together with no spaces:
The two numbers of your birth month
And the two numbers for the birth day

Example:
If your birth date was January 3
Password: 0103
My Password is:

Once you have logged in you will be in the Etudes Dashboard. On the right under the Etudes logo, you will see tabs with links to your class websites. Your class website begins with LAMCITV. Click on the tab to enter the course. You can also click on the box in the center of the page. Each class will have a box with an opening date and the title of the course. See the example below:

Once you have successfully logged in send your instructor a private message.

Add/Drop Classes & Check Grades
You can change your schedule and check grades on the Student Information System. The SIS may be accessed from: www.lamission.edu/itv click on “Register for Classes”.

Technical Support
Etudes and MyLabsPlus offer log-in and other help on their sites, which include FAQs if you have problems logging in. ITV/The Weekend College also offers support by calling (818) 833-3596 during normal business hours or email sagenml@lamission.edu. Please include your name, student ID, and phone number.

If you have questions regarding course content, contact your instructor during their office hours or via email.