

Welcome to Health Education 202 Distance Education Course (71516)!

PLEASE NOTE THERE HAS BEEN A REVISION TO THE COURSE TEXTBOOK.

THE COURSE TEXTBOOK IS:

**Hales, D. (2008) An Invitation to Health, Brief Edition (5th Edition)
Belmont, CA: Wadsworth Cengage Learning. ISBN: 0495111643**

This course will present a broad-based survey of major health topics, with an emphasis on prevention, promotion, and application as it applies to these topics. Health issues will be discussed from a multi-dimensional perspective using relevant examples from a variety of diverse populations.

Course Information

- This course will be taught entirely online with no face-to-face meetings.
- The course begins on August 17th and ends on December 18th.
- The course will use a combination of My Course (thru myCuesta) and Blackboard to deliver information and support student work.
- Course materials will be accessible on the first day of the Fall 2009 semester, August 17th.

Course Requirements

MyCuesta Account

Including email: All students receive a myCuesta e-mail address that can be accessed through the myCuesta Portal (my.cuesta.edu).

If you do not want to use this e-mail you can login into myCuesta and set the default e-mail to be forwarded to any e-mail of your choice.)

Blackboard Account

To access blackboard

Go to www.cuesta.edu, click on distance education link, then click

Blackboard link on the top or bottom of the page, choose course list, then HEED 202 71516, and follow online prompts

*****Textbook (TEXTBOOK INFORMATION HAS BEEN UPDATED)*****

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Computer Programs

Most up to date version of Netscape Navigator, Microsoft Explorer, Firefox, or Safari for Mac

Latest Version of Adobe Reader

Microsoft Office recommended

Instructor Contact Information

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