Welcome to Health Education (202) Online – Fall 2010

Instructor: John Marsh

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Office location: Physical Education, Room 1322

Course Start Date Online: Monday August 16, 2010 at 8:00am

Please read ALL the information below for a brief overview and information pertaining to this course.

Course Discription: Presents a board-based survey of minor health topics, emphasizing the prevention of chronic conditions, promotion of health and fitness throughout the lifespan, and the application of current trends in health to affect behavior and lifestyle changes in the student. Health issues will be discussed from a multi-dimensional perspective using relevant examples from a variety of diverse populations, including predominant ethnic minority groups.

How to access the course on or before August 16, 2010:

Go to http://blackboard.cuesta.edu

Click "Log In"

The User Name is your "MyCuesta" ID (Student's Blackboard User name matches the mycuesta login ID) For example my User Name would be john_marsh

Students default password for Blackboard only is **STUDENT**

After you type in this password, you will then be prompted to change your password.

This course is fully online, there are no mandatory face to face meetings.

Course Information: All your course information will be available to you on or before starting August 16, 2010. Once you log onto blackboard you will see the course information and requirements. **There will be an online orientation the first week of class.** You will find the syllabus and other course information available to you in order to complete this orientation. If you have any questions before this date please contact me at john_marsh@cuesta.edu.

This welcome letter is short as you will find all the class information online the first week of class.

Book Requirment: To Be Announced

Other Information: If this is your first online course please don't panic. The first week of class you will have the opportunity to browse around the course, read the syllabus, introduce yourself to the class, complete the online orientation, try out the discussion board, and learn how to take a quiz. The first week is somewhat low key to help you access the course and get comfortable with accessing lectures, assignment, sending assignments, quizzes, tests, emails, etc. BUT please do recognize that an online class does require just as much time as a traditional face to face course. It is very important that you keep up with the readings, assignments, test, discussions, etc.

If you have any questions regarding the class, please feel free to contact me at the email listed above and I will do my best to answer your questions.