

Health 140 – Summer 2015 – Online

PRINT OUT AND READ ALL OF THIS SYLLABUS BEFORE YOU START THIS COURSE

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WE WILL USE THE WEBSITE BELOW ONLY, NO OTHER ACCESS WILL BE APPLICABLE;

WE WILL NOT USE BLACKBOARD

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You will either need to purchase the hardcopy of the text, at the bookstore, or the e-text at the website. You will also need to purchase an **ACCESS CODE** with either, the hardcopy text book, or at the website, to access its tests and tutorials.

To sign up for this course **PLEASE** access the web site below.

WEB ADDRESS FOR THIS COURSE

<http://www.masteringhealthandnutrition.com>

Click on Student Support

Here you will need to provide an email, course ID, and Access Code or Credit Card.

MNTDORADO54124 (course ID)

Text:Health – Health: The Basics
Rebecca J. Donatelle, 11th ed.

You will need this text to successfully complete this course

Welcome to Health 140 online!

Course Details

This is a course designed to study modern human and health related concepts, including anatomy, physiology (function), nutrition, physical fitness, weight control, immunity, sexuality, substance abuse, disease, and overall wellness.

This course will require reading, hours of studying, and critical thinking. If you do not intend to invest a significant amount of time and effort into the academic success of this course, you should not be enrolled in it.

It is YOUR responsibility to sign up and participate in the course, you will have to register for **Health 140 on the Pearson website**. That is, you will need to pay for the online access course separately, in the form of an ACCESS Code. So, you will have to pay a registration fee for Fullerton College (which was to take HED 140F, and then there is ALSO a fee for the access to the Online Component at Pearson. If you do not do so, **DO NOT EXPECT TO AUTOMATICALLY BE DROPPED FROM THE COURSE**. It is solely YOUR RESPONSIBILITY to sign up for the course, get started, or properly eliminate yourself from the course. The instructor **DOES NOT HOLD RESPONSIBILITY FOR ANY OF YOUR ACTIONS OR LACK THEREOF... YOU MAY RESULT WITH A FAILING GRADE IF YOUR INTENT IS TO DROP AND YOU FAIL TO DO SO.**

HOWEVER, if you fail to participate by not completing adequate amount of assessments, you may be dropped.

It is the intent to provide the student with course information as direct and comprehensive as possible. Therefore, there will be 15 examinations based on material from reading comprehension. **PLEASE MAKE SURE THAT WHEN YOU ARE READY TO TAKE A TEST, THAT ALL RELEVANT INFORMATION OF THE CHAPTER READING HAS BEEN COMPLETED AND UNDERSTOOD. TESTING WILL BE SOLELY BASED ON INFORMATION PROVIDED BY THE WEBSITE AND EXTRACTED FROM THE TEXT BOOK.**

The following are VITAL POINTS that should be remembered all while taking this course. **YOU ARE HELD 100% RESPONSIBLE FOR THE FOLLOWING SITUATIONS:**

1. You will only be able to take any given test ONCE and will NOT be able to close it and then re-open it at a later time, to complete it.
2. You are provided a time limit for each test taken and only that time will be allowed. **HOWEVER, MORE THAN AMPLE TIME IS TYPICALLY ALLOWED.**
3. You will need to INSURE that your internet connection is a solid and hard wired connection. You will need to be utilizing a RELIABLE computer and make sure that it is NOT infected at all with any type of viruses or infiltrations.
4. While you are taking ANY TEST, this program (PEARSON) has an internal setting that detects NON-USE and may turn off or shut down test accessibility. **ACCESSIBILITY BACK TO THE TEST, EVEN IF YOU HAD TEST TIME REMAINING, WILL BE EXPIRED AND YOU WILL BE OUT OF LUCK. LET THIS SERVE AS A FORMAL WARNING!!!!!!** This means that you should not leave the computer for an escape to the bathroom, to grab a quick bite to eat, nor to answer the phone. Any extended length of time that the program senses that inactivity has occurred, may trigger the shut down!
5. **DO NOT WAIT UNTIL THE LAST MINUTE TO TAKE ANY TEST. IF THERE IS A GLITCH IN THE SYSTEM, THEN YOU MAY MORE THAN LIKELY RUN OVER THE TIME ALLOTTED TO TAKE THE TEST, AND THEN THE SYSTEM WILL NOT ALLOW YOU BACK IN TO CONTINUE WITH THE TEST. DO NOT ATTEMPT TO “RENEW” A PAGE; YOU WILL MOST LIKELY GET “LOCKED OUT”.**
6. If you simply overlook or miss a test deadline, then the responsibility lies on your shoulders and you will simply have to forego the points that you have missed out on. This includes even signing up late for the course. It is all your responsibility. **PLAN AHEAD AND STAY ORGANIZED.**
7. This online course is a 24/7 accessible course and therefore not meeting deadlines is solely the responsibility of the student. Discussions regarding making up missed tests/assessments will not be entertained.
8. Family emergencies are solely the responsibility of the student and even though I am very aware that these situations do occur, you **STILL** have a 24/7 access to this course **ANYWHERE THAT INTERNET EXISTS.**

All coursework is listed on syllabus and is completed ONLINE
and there are NO ONCAMPUS MEETINGS!!!

Objectives

- A) Understand and explain topics covered in the course
- B) Understand the complexities and functions of the systems of the body
- C) Analyze and understand how body systems function with each other
- D) Learn and understand how to maintain health and body systems
- E) Understand and explain abnormalities of the human body
- F) Use of critical thinking instead of spoon fed regurgitation

STUDENT LEARNING OUTCOMES

Upon successful completion the student will be able to:

- Explain basic health concepts.
- Explain basic health concepts to make logical decisions concerning the health of their body
- Employ electronic media resources to investigate health issues

There are a few major components that you as a student will need to concern yourself with regarding the website. They are the following:

ONCE YOU HAVE SIGNED IN AND ARE NOW AT THE “home” PAGE OF THE HEALTH COURSE, YOU WILL HAVE DIFFERENT ICONS TO familiarize yourself with...

ASSIGNMENTS: This has ALL of the assignments listed on the left side of the screen. Look for their chronological order and available dates and their due dates.

Tests TYPICALLY become available on Sunday mornings at 6:00AM Pacific Standard Time and they are due on the following Sunday evening at 11:59PM. You will have approximately 70 minutes for each test. Check syllabus for the EXCEPTIONS TO THESE START DAYS!!! It is vital that you stay on time track of the required material, therefore pages for each chapter have been assigned in segments so that you do not have to read all of the chapter at one time, however, you MUST have the chapter completed PRIOR to taking its assessment.

Each chapter is worth a total of 50 points, with 50 questions. STAY ON TRACK AND DO NOT FALL BEHIND!

Please take advantage of STUDY AREA, that includes “REVIEW IT” components here. These are the studying and comprehension components that are marked with the little icon that says STUDY AREA. These study tools are EXCELLENT and are set up to assist the student to learn AND study chapter material. You MAY ACCESS THIS INFORMATION AT ANY TIME.

e-text = It is here where you will find access to the ebook (if you purchased it at the website?), for your reading purposes. It is exactly the same version of the text as the hardcopy version. Use it abundantly!!

REMEMBER - Each test is allowed a time limit (**approx. 70 minutes**), therefore you will need to be ready to take each one, already having the material read, and comprehension, mastered.

This is an introductory science course, but you are NOT introductory human beings, therefore you will be provided with the same amount of material to comprehend, that the equivalent on-campus course, offers.

DO NOT OPEN A TEST(ASSIGNMENT) UNTIL YOU ARE READY TO TAKE THAT TEST....NO EXCEPTIONS

All exam assessments will count towards your final grade. You will be able to keep a running tally of your accumulated scores as well. AGAIN, IF YOU NEED TO CONTACT THE INSTRUCTOR PLEASE USE dorado_online@yahoo.com. THIS IS THE BEST AND QUICKEST METHOD TO RELAY A MESSAGE OR ASK A QUESTION.

Also, feel free to use the TEXT SUPPORT that is available to you, from the website.

Health 140 On-Line - Agenda

1.	Jun15-Jun28	pp. 1-12	Chp 1	50pts	Accessing Your Health
2.	Jun15-Jun28	pp. 13-25	Chp 1		Accessing Your Health
3.	Jun15-Jun28	pp. 37-44	Chp 2		Promoting and Preserving...
4.	Jun15-Jun28	pp. 45-51	Chp 2	50pts	Promoting and Preserving...
5.	Jun15-Jun28	pp. 52-59	Chp 2		Promoting and Preserving...
6.	Jun15-Jun28	pp. 71-80	Chp 3		Managing Stress and Coping...
7.	Jun15-Jun28	pp. 81-90	Chp 3	50pts	Managing Stress and Coping...
8.	Jun15-Jun28	pp. 91-97	Chp 3		Managing Stress and Coping...
9.	Jun21-Jun28	pp. 110-118	Chp 4		Preventing Violence and Injury
10.	Jun21-Jun28	pp. 119-126	Chp 4	50pts	Preventing Violence and Injury
11.	Jun21-Jun28	pp. 126-132	Chp 4		Preventing Violence and Injury

12.	Jun21-Jun28	pp. 134-145	Chp 5		Building a Healthy Relationship
13.	Jun21-Jun28	pp. 146-155	Chp 5	50pts	Building a Healthy Relationship
14.	Jun21-Jun28	pp. 156-165	Chp 5		Building a Healthy Relationship
15.	Jun21-Jun28	pp. 166-177	Chp 6		Consider Your Reproductive ...
16.	Jun21-Jun28	pp. 178-187	Chp 6	50pts	Consider Your Reproductive ...
17.	Jun21-Jun28	pp. 188-197	Chp 6		Consider Your Reproductive ...
18.	Jun28-Jul 05	pp. 198-207	Chp 7		Recognizing and Avoiding ...
19.	Jun28-Jul 05	pp. 208-215	Chp 7	50pts	Recognizing and Avoiding ...
20.	Jun28-Jul 05	pp. 216-226	Chp 7		Recognizing and Avoiding ...
21.	Jun28-Jul 05	pp. 227-237	Chp 8		Drinking Alcohol Responsibly...
22.	Jun28-Jul 05	pp. 238-247	Chp 8	50pts	Drinking Alcohol Responsibly...
23.	Jun28-Jul 05	pp. 248-258	Chp.8		Drinking Alcohol Responsibly...
24.	Jun28-Jul 05	pp. 259-269	Chp 9		Eating for a Healthier You
25.	Jun28-Jul 05	pp. 270-280	Chp 9	50pts	Eating for a Healthier You
26.	Jun28-Jul 05	pp.281-290	Chp 9		Eating for a Healthier You
27.	Jul 05-Jul 12	pp.291-300	Chp 10		Reaching and Maintaining a ...
28.	Jul 05-Jul 12	pp.301-310	Chp 10	50pts	Reaching and Maintaining a ...
29.	Jul 05-Jul 12	pp.311-317	Chp 10		Reaching and Maintaining a ...
30.	Jul 05-Jul 12	pp.329-337	Chp 11		Improving Your Personal Fitness
31.	Jul 05-Jul 12	pp.336-344	Chp 11	50pts	Improving Your Personal Fitness
32.	Jul 05-Jul 12	pp.345-352	Chp 11		Improving Your Personal Fitness
33.	Jul 05-Jul 12	pp.354-364	Chp 12		Reducing Your Risk of
34.	Jul 05-Jul 12	pp.365-375	Chp 12	50pts	Reducing Your Risk of
35.	Jul 05-Jul 12	pp.376-385	Chp 12		Reducing Your Risk of
36.	Jul 12-Jul 19	pp.396-405	Chp 13		Protecting Against Infectious...
37.	Jul 12-Jul 19	pp.406-415	Chp 13	50pts	Protecting Against Infectious...
38.	Jul 12-Jul 19	pp.416-423	Chp 13		Protecting Against Infectious...
39.	Jul 12-Jul 19	pp.433-443	Chp 14	50pts	Preparing for Aging, Death, Dying
40.	Jul 12-Jul 19	pp.444-452	Chp 14		Preparing for Aging, Death, Dying
42.	Jul 12-Jul 19	pp.474-480	Chp 16	50pts	Exercise for Health and Fitness
43.	Jul 12-Jul 19	pp.480-489	Chp 16		Exercise for Health and Fitness

Chp.16 → (Making Smart Health Care Choices)

NO FINAL EXAM

Each assessment is allowed a certain time limit therefore you will need to be ready to take each one, already having the material read, and comprehension, mastered.

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You will be expected to stay on time track of the required material, or you will be penalized, by not being able to take the assessments outside of their time limit, if you fall behind.

All assessments will count towards your final grade and you will be able to keep a running tally of your accumulated scores as well. AGAIN, IF YOU NEED TO CONTACT THE INSTRUCTOR PLEASE USE dorado_online@yahoo.com . THIS IS THE BEST AND QUICKEST METHOD TO RELAY A MESSAGE OR ASK A QUESTION.

THERE IS ABSOLUTELY NO SHARING OF TEST INFORMATION WITH OTHERS PRIOR TO TAKING A TEST.

THE INSTRUCTOR HAS MANY MEANS OF MONITORING AND TRACKING THESE TYPES OF CORRESPONDANCES.

STUDENTS WHO ARE INVOLVED IN THESE TYPE OF ACTIVITIES WILL BE FULLY PROSECUTED AND ACADEMICALLY DISMISSED FROM THE COURSE AND WILL RISK EXPULSION FROM THE FULLERTON COLLEGE INSTITUTION.

GRADES

A TOTAL OF 750 POINTS ARE POSSIBLE FOR THE ENTIRE COURSE AND THE GRADE DISTRIBUTION IS AS FOLLOWS:

A \geq 635pts \rightarrow

B \geq 560pts – 634pts

C \geq 450pts – 559pts

D \geq 380pts – 449pts

Let's Have A Great Semester

You may need the following information!

Health 140 Online Summer

Course ID: MNTDORADO54124

Purchase ACCESS CODE