



Course Information

Course Title:	Healthful Living
Course Prefix & Number:	HES100 (Second 8-weeks, Fall 2022)
Section Number:	32905
Credit Hours:	3 (fulfills Social Behavior SB requirement)

Course Format

The course format for this course is On Your Own Time, Online using Canvas. There is no textbook for this class. OER (open educational resources) will be utilized in place of a textbook. Start date is Monday, October 24th. End date is Monday, December 12th (second 8-weeks).

Instructor Information

Instructor:	Dr. David A. Brown (Dave)
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Phone:	480.423-6617
Office Location:	PE148

Course Description

Health and wellness and their application to an optimal lifestyle. Explores current topics of interest such as stress management, nutrition, fitness, and environmental health. Evaluates common risk factors associated with modern lifestyles.

Course Objectives

- Assess one's personal health status and barriers to wellness.
- Analyze internal and external influences that impact health.
- Evaluate and utilize health information and research to create evidence-based solutions for improving health status in a variety of areas such as mental, physical, social and environmental health.
- Create a plan to promote and support personal health.

- Examine the relationship between personal behaviors and the development of health conditions and diseases.
- Identify and describe various health conditions and diseases.

Grading

This course is divided into 8 weeks (see “Class Schedule”). Grading is by points NOT percentages. Canvas sometimes shows percentages but they are not an accurate representation of your overall grade because Canvas is showing the percentage of your discussion board questions or quizzes only.

Your grade is calculated by adding up the total points that you receive for completing the following (a total of 300pts is possible); Introduce Yourself (8pts), Syllabus Quiz (10pts), 2 Surveys (6pts each), 8 Discussion Questions (6pts each), 13 Quizzes (167pts) and a Final Exam (55pts). The final exam is timed, you have 75 minutes to complete it. Once you start you cannot pause. The quizzes are not timed.

Read and study the module information then take the quiz. Everything is available now, you can work ahead. Once the due date has passed, no points will be available. You will receive 0 pts if completed/submitted late (past the due date).

See “Grades” in Canvas. All assignments available in Canvas “Modules” tab.

<u>Assignments</u>	<u>Due Date</u>	<u>Points</u>	<u>% of Total</u>
Introduce Yourself/Syllabus Quiz	10/26	18	6%
Wellness Survey & Self Assessment Survey	10/31 & 11/7	12	4%
Discussion Questions (8 @ 6pts each)	see Class Schedule	48	16%
Quizzes (13 of them, not timed)	see Class Schedule	167	56%
Final Exam (timed, 75 mins)	12/12	<u>55</u>	<u>18%</u>
TOTALS =		300	100%

A = 300–270 B = 269-240 C = 239–210 D = 209–180 F = 179 or less
(Grades are calculated by points NOT percentages)

Class Schedule

Zero Week	This Canvas course is available 5 days before class start date (10/24). Print and carefully read the syllabus and class schedule – note the due dates of all “Modules”. Become familiar with Canvas and the College Policies & Student Services page found in the “First Steps” module. Get started, no penalty for submitting assignments early. Introduce yourself on Canvas (see “Discussion Board” tab).
Week #1	(Due on or before 10/26) -- <u>Introduce Yourself</u> (8pts); <u>Syllabus Quiz</u> (10pts); <u>Discussion Question #1</u> (6pts).
Week #2	(Due on or before 10/31) -- <u>Health & Wellness Quiz</u> (11pts); <u>COVID-19 Quiz</u> (10pts); <u>Wellness Survey</u> (6pts); <u>Discussion Question #2</u> (6pts).
Week #3	(Due on or before 11/7) -- <u>Physical Fitness/Exercise Quiz</u> (19pts); <u>Self Assessment Survey</u> (6pts); <u>Obesity Quiz</u> (13pts); <u>Discussion Question #3</u> (6pts).
Week #4	(Due on or before 11/14) -- <u>Nutrition Quiz</u> (18pts); <u>Eating Disorders Quiz</u> 10pts); <u>Discussion Question #4</u> (6pts).
Week #5	(Due on or before 11/21) -- <u>Alcohol/Your Health Quiz</u> (14pts); <u>Tobacco/Your Health Quiz</u> (12pts); <u>Discussion Question #5</u> (6pts).
Week #6	(Due on or before 11/28) -- <u>Drug Addiction Quiz</u> (15pts); <u>Skin Cancer Quiz</u> (12pts); <u>Discussion Question #6</u> (6pts).
Week #7	(Due on or before 12/5) -- <u>STD Quiz</u> (11pts); <u>Stress Management Quiz</u> (12pts); <u>Discussion Question #7</u> (6pts).
Week #8	(Due on or before 12/12) -- <u>CPR, AED, and Heimlich Quiz</u> (10pts); <u>Discussion Question #8</u> (6pts); <u>Final Exam</u> (55pts).

Response Time

Students can expect a response time of 3 school days for the instructor to respond to messages sent via the Canvas Learning Management System or email. Students can expect assignments to be graded within 3 days of the assignment’s due date.

Attendance Policy

Last Date of Attendance Policy for Online Classes

At Maricopa Community College schools, students must be engaging in some type of academic activity each week of their online course. Faculty must report a student's last date of attendance and withdraw the student within fourteen (14) days of identifying the last date of academic attendance. Simply logging into an online class will not count as academic attendance. You must complete and submit at least one assignment at least once each 14 days OR you will be withdrawn from the course.

Course Technologies

View the [Accessibility Statements & Privacy Policies](#) of technologies used in this course.

Course Policies

Students are responsible for the college policies included on the [Student Regulations](#) page of the Maricopa Community College District website.

Instructional Contact Hours (Seat Time)

This is a three (3) credit-hour course. Plan to spend at least three hours on course content or seat time (direct instruction) and six hours on homework weekly. Accelerated courses will require additional time per week.

Online Tutoring

SCC's tutors are available online to help with your courses. You may work with an SCC tutor remotely using Google Meet, your phone, or email. Visit the [SCC Tutoring & Learning Centers](#) page for detailed information on the five learning center's hours and procedures.

Students are responsible for the information contained in this syllabus, the Syllabus page in your Canvas course and the **College Policies & Student Services** page found in the First Steps module of your Canvas course. Students will be notified by the instructor of any changes in course requirements or policies.