ONLINE COURSE INFORMATION

Summer 2017 Semester

COURSE: HPE 150 L1

INSTRUCTOR: L. McGrath

Personal Health

EMAIL: lmcgrath@monroeccc.edu

There are many benefits of online courses at MCCC:

- Less restrictive scheduling
- Convenience
- Intensive self-study
- Course materials are accessible 24 hours a day 7 days a week

Some students struggle in an online format while other students excel. Students who excel in an online format are:

- Highly self-motivated
- Have strong computer skills
- Possess good time management skills
- Know how to study independently
- Possess good communication skills

Online classes at MCCC are **NOT self-paced**. Instruction is delivered in an entirely web-based format. Students must complete exams, assignments, etc. by specified due dates. Some exams and assignments may be required to be completed at an authorized location as established by the instructor.

When taking an online class students are responsible for:

- A reliable computer with Internet access and Microsoft Word; course specific software will be described below
- Knowing how to email attachments
- Maintaining his or her own computer and Internet connection; technical issues are NOT acceptable excuses for not keeping up with due dates
- Having access to a printer if needed for personal use of online materials

It is the student's responsibility to log into Blackboard multiple times each week to keep up with communication, assignments and other coursework.

Blackboard

Online courses use Blackboard course management system as the means of communication between the students and the instructor.

It is the student's responsibility to be able to log into Blackboard and maintain his or her computer setup to work properly with Blackboard.

The Blackboard Login can be found on the College's webpage, www.monroeccc.edu. Information on student usernames and passwords can be found on the Student Support tab on the Blackboard site.

Blackboard courses are made available to students on the day the course begins. Please see the Start Date below.

MCCC Student Email

It is essential that online students use their MCCC student email account. This will be the primary means of email communication between you and your instructor. For more information about activating your MCCC student email account, visit the college's webpage at www.monroeccc.edu.

NEED HELP?

BLACKBOARD HELP DESK: 734.384.4328 or elearning@monroeccc.edu

COLLEGE EMAIL: 734-384-4328

WEBPAL: 734-384-4333

COURSE DESCRIPTION	This is a basic course designed to provide college students with fundamental concepts and practices relating to healthful living. Personal, local, state and national health problems are studied in an effort to provide the student with a broad knowledge and understanding of vital health issues as they impact on the physical, mental, emotional, spiritual and social well-being of the individual. Areas of health which are studied include: chemical dependency; cancer; heart disease and its related factors, such as exercise, nutrition, weight management and hypertension; and marriage, and family relationships. The critical thinking skill in this course will coincide with the student's ability to think critically in order to solve problems related to the health, wellness and safety of individuals and society as a whole. The complete Outline of Instruction can be found at http://www.monroeccc.edu/outlines/.
COURSE BEGINS	Monday, June 19, 2017
COURSE ENDS	Saturday, July 29, 2017
REGISTRATION PROCESS	Students must register for the course through the College's regular registration process. If you are a first-time online student at MCCC you must complete an online orientation course (ONL-001). You will be automatically enrolled into the online orientation course, which will provide you with critical information on the technical, study, reading and writing skills necessary to be a successful online student. This course will be listed in your MyCourses module in Blackboard and there will be 4 modules to complete. Please note that all four modules will NOT be visible when you first login, but will become visible once you complete the requirements for each module. Please complete **SU2017-ONL-001-L1 by JUNE 15, 2017**. Failure to complete the online orientation by the above date may result in de-registration from your summer 2017 online course(s).
PROCTORED EXAMS OR ASSIGNMENTS	None, all coursework is completed online.
ADDITIONAL INFORMATION: PROCTORED EXAMS OR ASSIGNMENTS	**Some** online classes require students to take exams at authorized, proctored locations. Test proctoring centers are authorized testing locations where a staff person administers a test or assignment. If students are not able to arrange transportation to MCCC's main campus for testing, a proctored test site must be arranged. Students near the MCCC campus can take the test in the Regional Computer Technology Center (RCTC). Additional information on the RCTC can be found at http://www.monroeccc.edu/rctc/index.htm. It is the student's responsibility to make arrangements for proctoring with his or her instructor. Students should also be aware that some testing sites have service fees, which are the responsibility of the student.
COURSE MATERIALS AND TEXTBOOK INFORMATION	Textbook information can be found on the MCCC Bookstore's webpage, http://www.monroeccc.edu/bookstore/. Textbook information is posted approximately one month prior to the beginning of the semester. IMPORTANT: Make sure when identifying which course you are enrolled in, you get the materials for the ONLINE version of the

	course. Online course materials are not necessarily the same materials for the face-to-face class. Please contact the MCCC Bookstore for additional information, 734.384.4140.
COURSE EXPECTATIONS	This online course has weekly deadlines, but no specific weekly meeting time. Students will be expected to log into Blackboard multiple times throughout the week to check Announcements, Weekly Tasks, Discussion Boards, and other items.
BLACKBOARD SYSTEM REQUIREMENTS	**Browser Requirements:** • Mozilla Firefox 31 or higher (recommended browser for Blackboard) • Google Chrome 36 or higher (recommended browser for Blackboard) • Safari 6 or higher • Internet Explorer 9 or higher (IE compatibility view settings will need to be adjusted for optimum Blackboard use) For the most current Blackboard operating system and browser requirements, please go to http://www.monroeccc.edu/distancelearning/elearning_student.htm and access the "Blackboard Browser Requirements" link. **Software Requirements** • Microsoft Word 2013 is recommended • Microsoft Office Suite is recommended • Adobe Reader 9.0 or higher **Other System Requirements** • High speed or broadband internet connection recommended • Printer, video and sound cards CD-ROM drive
COURSE SPECIFIC SOFTWARE	Students are required to use Microsoft Word, email with attachments and PowerPoint. If you do not have PowerPoint, PowerPoint Viewer can be downloaded for free from Microsoft.
WHERE DO STUDENTS START	On the first day of the semester, the Blackboard course will open. You should log into Blackboard using the instructions above. Please start with the course syllabus. You will then find further instructions.
OTHER INFORMATION	
[DATE]	