ONLINE COURSE INFORMATION
Fall 2024 Semester

COURSE: HPE 150 L1

INSTRUCTOR: T. Giacomini

Personal Health

EMAIL: tgiacomini@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 Brightspace multiple times each week to keep up with communication, assignments and other coursework.

Brightspace

Online courses use Brightspace 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 Brightspace and maintain his or her computer setup to work properly with Brightspace.

The Brightspace Login can be found on the College's webpage, www.monroeccc.edu. **Brightspace 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?

BRIGHTSPACE 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 Course Outcome Summary can be found at https://www.monroeccc.edu/course-outcomes.
COURSE BEGINS	Wednesday, August 21, 2024
COURSE ENDS	Monday, December 9, 2024
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 Brightspace 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 **FL2024-ONL-001-L1 by August 21**. Failure to complete the online orientation by the above date may result in de-registration from your online course.
EXAMS OR ASSIGNMENTS	**Exams and assignments are posted clearly on the course calendar and are outlined in sessions for open and due dates.**
ADDITIONAL INFORMATION: 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 Testing Center. Additional information on the Testing Center can be found at https://www.monroeccc.edu/testing. 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. MCCC students completing online quizzes/tests or other assessment activities from home or other remote locations may be required to

	complete a room scan before the assessment activity. Students seeking an alternative to the pre-assessment room scan should contact MCCC Student Services at 734.384.4255 for more information regarding on-campus assessment options.
COURSE MATERIALS AND TEXTBOOK INFORMATION	All required textbooks and/or access codes are available for purchase by the student at the MCCC/eCampus Online Bookstore website: https://monroeccc.ecampus.com/. Sign in using your MCCC student email and password. All required course supplies are available for purchase by the student at the Campus Store or on the Campus Store website: https://bookstore.monroeccc.edu/ Textbook information is available for viewing approximately one month prior to the beginning of the semester at https://monroeccc.ecampus.com/. IMPORTANT: Please ensure you are logging in and using the "Shop by Schedule" option to view and purchase only those materials assigned to your specific course(s). Please contact the MCCC Campus Store for additional information, 734.384.4140.
COURSE EXPECTATIONS	This online course has weekly/bi-weekly deadlines, but no specific weekly meeting times. Students are expected to log into Brightspace multiple times throughout the week to check Announcements, due dates, Assignments such as textbook reading, viewing Power Point slides, answer discussion board questions by making multiple posts, noting due dates for exam/quizzes, projects, and miscellaneous. It is the student's responsibility to know all due dates. **Research suggests that students should spend approximately 3 hours outside of regular in-class or online instruction, per credit hour, per week (e.g., 3 credit hour course + 9 hours studying per week outside of class time = 12 total hours per week), studying in order to be successful in their college courses.
BRIGHTSPACE SYSTEM REQUIREMENTS	**Browser Requirements:** **Desktop Computers** Brightspace is supported on the following desktop platforms with the **latest browser versions:**

Platform	Apple® Safari®	Google® Chrome™	Microsoft® Edge	Mozilla® Firefox®
Apple® Mac OS®	Yes	Yes	Yes	Yes
Microsoft® Windows®	No	Yes	Yes	Yes

Tablets and Mobile Devices

Brightspace is supported on the following tablets and mobile devices with the **latest browser versions:**

Platform	Apple® Safari®	Google® Chrome™	Microsoft® Edge	Mozilla® Firefox®
Apple® iOS® for iPhone® and iPad®	Yes	No	No	No
Android™ OS for Android phones and tablets	No	Yes	No	No

For the most current Brightspace operating system and browser requirements, please go to
https://documentation.brightspace.com/EN/brightspace/requirements/all/browser_support.htm?Highlight=browser
and access the Desktop support section.

Software Requirements

Download/access web-based Microsoft Office applications:
1. Go to www.monroeccc.edu and click CURRENT STUDENTS
2. Next click on EMAIL from the list of links on the left, it will open another window
3. Click EMAIL LOGIN, then log in with your entire MCCC email address (e.g., tperson23456@my.monroeccc.edu) and email password (new student password = first letter of first name (lower case), first letter of last name (lower case), birth year, 7-digit student ID number).
4. You should be able to access Brightspace 24 hours after registering for a course. Courses are not available in Brightspace until the first day of the semester.
5. Click on the **9-dot square** in the upper left corner next to the word "Outlook", some Office Suite icons appear
6. Click on the **Office 365 with an arrow** link, more Office Suite icons appear
7. Finally, click on the **Install Office link** and follow the instructions
   NOTE there are links in the instructions if you have difficulties installing the software. Please use those links to resolve any possible installation issues.

FYI - You will not be able to download Microsoft Office until the first day of the semester.

Other System Recommendations
- Broadband internet connection
- Webcam

COMPUTER REQUIREMENTS

PC or Mac computer systems with Windows 10 (or Mac equivalent OS) is required.

Chromebook Use Limitations: Chromebooks cannot be used for courses requiring Microsoft Office applications (e.g., CIS 130, CIS 109, etc.). Additionally, Chromebooks do not work when taking quizzes requiring *Respondus Lockdown browser* in Brightspace.

	Mac Computer Use Limitations: The Microsoft Access application does not work on a Mac.
COURSE SPECIFIC SOFTWARE	Student is expected to have frequent access to current software, such as the items listed above. Internet explorer and Firefox are recommended.
WHERE DO STUDENTS START	Students need to start with exploring the online course tabs under the Content tab, reading through the online syllabus, noting all due dates from the calendar in the syllabus, reading through the projects and any instructor announcements/emails.
OTHER INFORMATION	
STUDENT LOGIN INFORMATION	To login to **Brightspace, E-mail, or WebPal**, go to www.monroeccc.edu and click on CURRENT STUDENTS on the menu bar, then click on Brightspace, email, or WebPal from the links that appear on the left side of the screen. **Brightspace** - Login to Brightspace using your unique MCCC email address and email password (new student password = first letter of first name (lower case), first letter of last name (lower case), birth year, 7-digit student ID number). **You should be able to access Brightspace 24 hours after registering for a course. Courses are not available in Brightspace until the first day of the semester.** **E-mail** - Your email address is your MyWebPal user name followed by @my.monroeccc.edu (i.e. jsmith12345@my.monroeccc.edu) and email password (new student password = first letter of first name (lower case), first letter of last name (lower case), birth year, 7-digit student ID number). You should be able to access Brightspace 24 hours after registering for a course. Courses are not available in Brightspace until the first day of the semester. **WebPal -** You need a WebPAL user ID and a password to access WebPAL. Your WebPAL user ID is usually your first initial and last name (i.e. Mary Smith = msmith). To find your user ID, click on ***"What's My User ID?"*** on the WebPAL home page. Your initial password is your six-digit birthdate (i.e. January 1, 1970 = 010170). After logging on the first time, WebPAL will ask you to change your password. If you are a returning student and can't remember your password, click on ***"What's My Password?"*** on the WebPAL home page, then choose **"Reset my password."** If you have an e-mail address on file, WebPAL will send you a new password.