



ONLINE COURSE INFORMATION

Winter 2021 Semester

COURSE: HPE 150 L2

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 elarning@monroeccc.edu

COLLEGE EMAIL: 734-384-4328

WEBPAL: 734-384-4333

<p>COURSE DESCRIPTION</p>	<p>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.</p> <p>The complete Outline of Instruction can be found at http://www.monroeccc.edu/outlines/.</p>
<p>COURSE BEGINS</p>	<p>Friday, January 8, 2021</p>
<p>COURSE ENDS</p>	<p>Monday, May 3, 2021</p>
<p>REGISTRATION PROCESS</p>	<p>Students must register for the course through the College's regular registration process.</p> <p>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 WI2021-ONL-001-L1 by January 6, 2021. Failure to complete the online orientation by the above date may result in <u>de-registration from your Winter 2021 online course</u>.</p>
<p>PROCTORED EXAMS OR ASSIGNMENTS</p>	<p>None, all coursework is completed online.</p>
<p>ADDITIONAL INFORMATION: PROCTORED EXAMS OR ASSIGNMENTS</p>	<p>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.</p>

COURSE MATERIALS AND TEXTBOOK INFORMATION

Textbook information can be found on the MCCC Bookstore’s webpage, <http://www.monroecc.edu/bookstore/>. Textbook information is posted approximately one month prior to the beginning of the semester. **IMPORTANT:** Please ensure you are validating the entire course name and number when searching for and selecting books to purchase on the Bookstore website. Required texts for classes can vary depending on instructors or if the classes are being held online.

Please contact the MCCC Bookstore 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.

BRIGHTSPACE SYSTEM REQUIREMENTS

Browser Requirements:

Desktop Support

Browser	Supported Browser Version(s)	Maintenance Browser Version(s)
Microsoft® Edge	Latest	N/A
Mozilla® Firefox®	Latest, ESR	N/A
Google® Chrome™	Latest	N/A
Apple® Safari®	Latest	N/A

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.monroecc.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.monroecc.edu) and your email password, which initially is your seven-digit student ID#.
4. Click on the **9-dot square** in the upper left corner next to the word “Outlook”, some Office Suite icons appear

	<p>5. Click on the Office 365 with an arrow link, more Office Suite icons appear</p> <p>6. Finally, click on the Install Office link and follow the instructions <i>*NOTE there are links in the instructions if you have difficulties installing the software. Please use those links to resolve any possible installation issues.</i></p> <p>FYI - You will not be able to download Microsoft Office until the first day of the semester.</p> <p>Other System Recommendations</p> <ul style="list-style-type: none"> • Broadband internet connection • Webcam
COMPUTER REQUIREMENTS	<p>PC or Mac computer systems with Windows 10 (<u>or Mac equivalent OS</u>) is required.</p> <p>Chromebook Use Limitations: Chromebooks cannot be used for courses requiring Microsoft Office applications (e.g., CIS 130, CIS 109, etc.). Additionally, Chromebooks may not work with when taking quizzes requiring <i>Respondus Lockdown browser in Brightspace</i>.</p> <p>Mac Computer Use Limitations: The Microsoft Access application does not work on a Mac.</p>
COURSE SPECIFIC SOFTWARE	<p>Student is expected to have frequent access to current software, such as the items listed above. Internet explorer and Firefox are recommended.</p>
WHERE DO STUDENTS START	<p>Students need to start with exploring the online course tabs, reading through the online syllabus, noting all due dates, reading through the projects and any instructor announcements/emails.</p>
OTHER INFORMATION	
STUDENT LOGIN INFORMATION	<p>To login to Brightspace, E-mail, or WebPal, go to www.monroecc.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.</p> <p>Brightspace - Login to Brightspace using your unique MCCC Webpal username (i.e., the first part of your MCCC email address) and 7-digit student ID number for your password (or whatever password you use for your MCCC college email account).</p> <p>E-mail - Your email address is your MyWebPal user name followed by @my.monroecc.edu (i.e. jsmith12345@my.monroecc.edu). Your password is your seven-digit student ID number (including leading zeros).</p> <p>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.</p>

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