



Welcome to ITV - The Week-End College!

You are enrolled in:

Health 11 (7030) (CSU) 3 Units

Principles of Healthful Living

Implements the World Health Organization's definition of health that Health is the state of physical, mental and social well-being, not merely the absence of disease.

The Weekend College classes combine video lessons and online activities with weekend class meetings. You should complete all three components to successfully pass the class. The course requirements are in the online syllabus. If you have questions contact your instructor via email or by telephone during their office hours listed above.

Instructor
Hossein Asili, M.A.
(818) 364-7600, ext. 7163
lipolean@aol.com

Office Hours
Tuesdays, 1:00 – 8:00 PM

Getting Started

Although the first class meeting is not until the weekend of September 5 & 6, the class officially begins online Monday, August 31, 2009. Follow the checklist below to get started in your class now.

1. Choose a Campus

Select the campus to attend your weekend class and make note of its time and location. Directions and maps to the campuses can be found at: www.laccd.edu/our_colleges/.

2. Buy Your Books

The back of this page lists the required and recommend books for your course. Buy your books as soon as possible so that you can get started on your assigned readings. Textbooks can be purchased at City, Mission, Southwest, Valley, and Pierce Colleges or from most online bookstores.

3. Log In

The class website opens **Aug. 31**, log in and read your course syllabus. It will list all assignments and quizzes times and due dates. You can find log-in instructions on the last page of this letter.

4. Email Your Instructor

Once you have logged in, email your instructor and let him know that you have successfully logged in to the class website.

5. Plan Your Schedule

Weekend College courses are fast paced—covering a lot of material in eight weeks. At a minimum, students expect to spend 16 hours per week on the class. Schedule time in advance for reading the textbooks, watching the video episodes and completing the online assignments. If you plan to watch or record the videos on the educational cable channel LA 36, note those times and set your Tivo or DVD recorder in advance. The broadcast schedule is on the back of this page.

Classroom Location Schedule

Attend class at any one of the four campuses: L.A. City, L.A. Pierce, L.A.Southwest or L.A. Valley College. The instructor teaches at all four locations.

Day	Campus	Time	Location
Saturday	L.A. City College	9:00 A.M. – 12 Noon	DaVinci Hall Rm.306
	L.A. Southwest	1:30 P.M. – 4:30 P.M.	Lecture Lab, Rm. 203
Sunday	L.A. Pierce College	9:00 A.M. – 12 Noon	Pierce Village, 8111
	L.A. Valley College	1:30 P.M. – 4:30 P.M.	Foreign Language Bldg., Rm. 106

Attendance at the class meetings is expected.
If you fail to attend, you may be dropped from class.

Fall 2009 CALENDAR

August 31 – October 25, 2009

Important Dates and Deadlines

Semester Begins	Aug. 31
Last Day to Drop or Change Classes	Sept. 5
<i>(without Incurring Fees)</i>	
Cablecasts Begin on Cable Channel LA 36	Sept. 9
Last Day to ADD Classes	Sept. 11
Last Day to Drop Classes Without a "W"	Sept. 16
<i>(no refund)</i>	
Last Day to File for Credit/No Credit	Sept. 23
Last Day to Drop with a "W"	Oct. 11
<i>(After this date a grade must be issued)</i>	

Class Meeting Schedule

Class Meeting	Sept. 5 & 6
Class Meeting	Sept. 12 & 13
Class Meetings.....	Sept. 19 & 20
Midterms Exams.....	Sept. 26 & 27
Class Meeting	Oct. 3 & 4
Class Meeting	Oct. 10 & 11
Class Meeting	Oct. 17 & 18
Final Exams.....	Oct. 24 & 25

A photo ID is required to take exams.

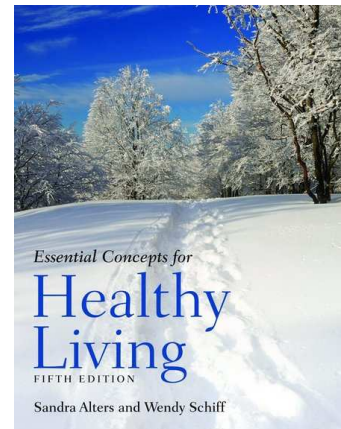
Textbooks

Required:

Title: Essential Concepts for Healthy Living
Author: Alters, Sandra & Schiff, Wendy
Edition: 5/E, 2008
Publisher: Jones and Bartlett
ISBN: 978-0-7637-6199-8

Recommended:

Title: The Human Condition Study Guide
Author: Alters, Sandra & Schiff, Wendy
Edition: 5/E, 2008
Publisher: Jones and Bartlett
ISBN: 978-0-7637-6376-3



Textbooks are available in the college libraries. Most libraries have the texts on Reserve, (two hour use, in the library) some libraries have copies in the General Collection. Individual Library Policies apply and they may be different at each campus. Students must have a valid student ID **for the campus they intend to use** the library materials. For example, to check out books from Pierce College Library students must have a valid Pierce College Student ID. Students who enrolled only in ITV classes may obtain a Mission College ID through the Admissions Office at Mission College.

Video

The Human Condition

Four Ways to Watch the Videos

1. Available on the Los Angeles Educational Channel, LA 36. The broadcast schedule is:
Wednesdays, Sept. 9 – Oct. 21 @ 10:00 AM – 12:00 Noon
2. Purchase a complete set of the DVD's from the Pierce or Mission College Bookstore:
www.piercecollege.edu or www.lamission.edu
3. Available in Broadband at: www.lamission.edu/ITV
4. Watch the video lessons in the Learning Resource Centers at any of the LACCD Colleges. You must bring your fee receipt to view the videos.

Dear Students:

Welcome to Health 11. By taking this course, you have given yourself an opportunity of not only completing one of your required college courses you will also get a chance to learn on purposefully selected and up-to-date topics in Health. This class will be fast-paced and we will be covering a great deal of information, however, my collective experience shows that it is both engaging and enjoyable (according to || 90% + || of previous students).

In my opinion "Health" is the most important topic in 21 Century. It is a fact that, radio and TV shows try to incorporate a health related topics or news in their programs to boost their ratings. Remember that educating yourself will be more fruitful if you share your information with others, helping to improve the overall health knowledge of our society, and leading it toward a healthier community. Having an informed role model is all it takes to mold a healthier new generation. As far as our course is concerned please remember that:

- After logging on for the first time, the first thing to do is to go to the discussions section in your home page and reply to the topic of lets introduce ourselves. After this, make sure to take the practice quiz.
- Download the course syllabus from the Etudes web site under the "classroom" icon at the upper left of the home page.
- You should purchase the following textbook:

Textbook: Essential Concepts for Healthy Living

Author: Sandra Alters and Wendy Schiff

Publisher: Jones and Bartlett Publishers

Edition: Fifth Edition

ISBN: 978 – 0 – 7637 – 6199 – 8

- Make sure to check the schedule for due dates on assignments, tests, and other requirements of this course.
- It is very important to communicate with me about any difficulties that you might experience, which in any shape or form might effect your successful completion of this course. I am sure together we will try to find a solution.
- Make sure to write a paragraph about each video lesson, if interested in collecting some extra credit toward your final grade. These lessons are powerful tools to understand health topics in great detail.
- Finally, please send me an e-mail, including your full name, to my e-mail address as follows: lipolean@aol.com so that I can welcome you more personally.

With my best to all of you,



Hossein Asili, M.S.
Health Instructor

-OVER-

Online Class Website

Step 1. Where do I go to log on to this course?

- Go to <http://etudes-ng.fhda.edu/portal>
- Bookmark this page!
- Enter your user ID

Step 2. What is my User ID?

In lowercase letters and with no spaces:

- use the first 2 letters of your first name
- *and* the first 2 letters of your last name
- *and* the last 5-digits of your student ID #

Example: Donna Smith:

Student ID #: 88 455 6789

User ID:

My User ID is: _____

Step 3. What is my Password?

Using four numbers together with no spaces:

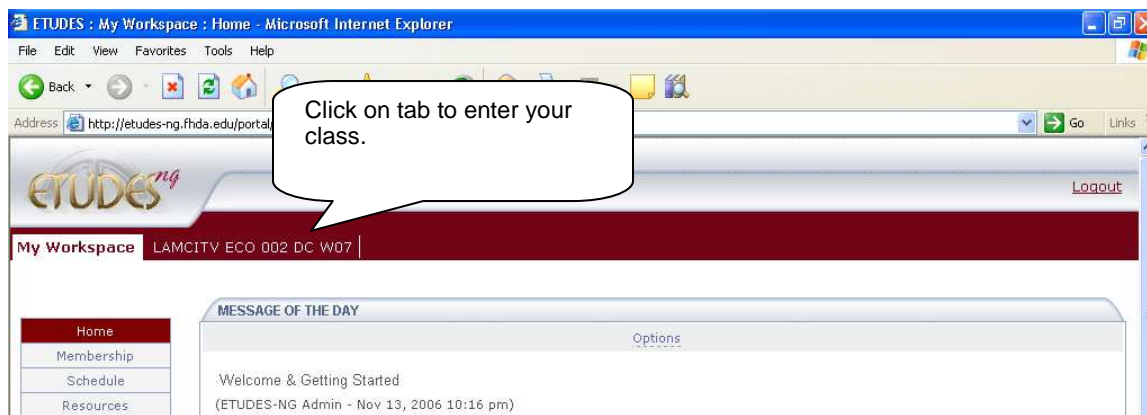
- use two numbers for your birth month
- *and* use two numbers for the birth day

Example: if your birth date was January 3

Password:

My Password is: _____

Once you have logged in you will see the sections on the top left of the page, My Workspace and on the right, your class website which begins with LAMCITYV. Click on the tab to enter the course. See the example below:



E-mail your instructor once you have successfully logged in to the course website.

NOTE TO AOL USERS: Launch either an Internet Explorer, Netscape or Firefox browser after you connect using AOL and minimize the AOL Browser. DO NOT USE THE AOL BROWSER.

Add/Drop Classes & Check Grades

Forms for adding/dropping a class or requesting an official transcript can be found at www.lamission.edu/itv. These forms can be faxed to (818) 833-3598 or brought in to our office.

To Add/Drop a class and check Official Grades online, visit www.laccd.edu.

To Add/Drop classes through the Student Telephone Enrollment Process (STEP):

1. Call (213) 689-8888 or (310) 605-0505 or (323) 226-1999 or (818) 988-2222
2. Press 0 for ITV/The Weekend College
3. Follow the instructions to complete your request

We're here to Help

If you need technical assistance logging in to your course, contact ITV Technical Support at (818) 833-3596 or send an email to mckennpg@lamission.edu. Be sure to include:

- Your full name
- Course title and instructor
- Student ID
- Your phone and e-mail address
- Date enrolled