



Welcome to ITV - The Week-End College! You are enrolled in:

Health 11 (7912) (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 with online activities and 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

Kim Harrison, M.P.H.

(818) 364-7600, ext. 7150
teachinghealth@gmail.com

Office Hours

Wednesdays, 2:00 PM – 6:00 PM

Getting Started

Even though you do not meet with your instructor until the first weekend after the semester begins, your class begins on January 2, 2008. 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 meeting time and location.

2. Buy Your Books

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

3. Log In

The class website opens **Jan. 2**, 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 a short period of time. At a minimum, you can expect to spend 10 to 15 hours per week completing the assignments for a course. 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, also note those times and set your VCR in advance. You can find the broadcast schedules on the back of this page.

Classroom Location Schedule

Attend class at either L.A. City College or L.A. Valley College. The instructor teaches at both locations.

Day	Campus	Time	Location
Saturday	L.A. City College	9:00 A.M. – 12 Noon	DaVinci Hall, Rm. 309
	L.A. Valley College	1:30 P.M. – 4:30 P.M.	Foreign Language Bldg., Rm. 110

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

Winter 2008 CALENDAR

January 2 – February 2, 2008

Important Dates and Deadlines

Last Day to Add classes by STEP or Online	Jan. 1
Semester Begins	Jan. 2
Cablecasts Begin on Cable Channel LA 36	Jan. 3
Last Day to Drop or Change Classes	Jan. 5
<i>(without Incurring Fees)</i>	
Last Day to ADD by FAX or in-person.....	Jan. 9
Last Day to Drop Classes Without a "W"	Jan. 11
<i>(no refund)</i>	
Last Day to File for Credit/No Credit	Jan. 17
Last Day to Drop with a "W".	Jan. 26
<i>(After this date a grade must be issued)</i>	

Class Meeting Schedule

Class Meeting	Jan. 5
Class Meeting	Jan. 12
Midterm Exams	Jan. 19
Class Meeting	Jan. 26
Final Exams.....	Feb. 2

A photo ID is required to take exams.

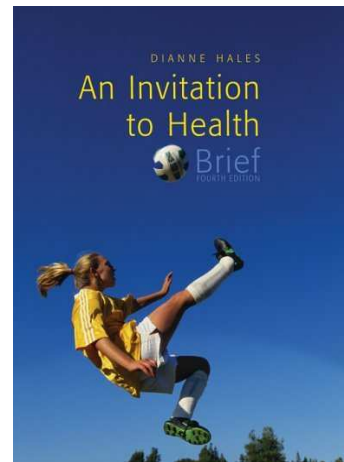
Textbooks

Required:

Title: An Invitation to Health, Brief Edition
Edition: 5/E, 2008
Author: Hales, Dianne
Publisher: Thomson Learning
ISBN: 0-495-11164-3

Recommended:

Title: Telecourse Guide for Journey to Health
Edition: 3/E, 2007
Author: Richards, Donna Beck
Publisher: Thomson Learning
ISBN: 0-495-01551-2



Videos

Journey to Health: Mind, Body, Spirit

Also available in these formats:

1. Watch the lessons on the Los Angeles Educational Channel, LA 36. The broadcast schedule is:
Thursdays, Jan. 3 – Jan. 31 @ 7:00 AM – 10:00 AM
2. Purchase a complete set of the DVD's from the L.A. Pierce College Bookstore:
www.piercebookstore.com or 818-347-0313
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: Principles of Healthy Living. This course will provide a comprehensive overview of the key health issues that affect human individuals and populations. We will also deepen our understanding of healthy choices, and develop practical tools to apply health information to our daily lives.

In our short time together, we'll be covering a breadth of important material. I encourage you to keep an eye on deadlines and participate actively in our discussions, both online and during our weekend meetings. And as you prepare for the semester, please be sure to purchase the textbook, [An Invitation to Health, Brief Edition](#) by Dianne Hales, and determine how you will watch the required videos. Finally, log in at the class website when it opens and do the following:

- Take a look at the syllabus and make note of requirements and important dates.
- Go to the Discussion Forums and respond to the "Class Introductions" thread.

A few words about my background: I teach Health through ITV and also at West Los Angeles College. When I'm not teaching, I work for the Los Angeles County Department of Public Health. I've always been passionate about health, and my dearest hope is that I'll be able to transmit some of my enthusiasm to you.

This course invites you – through the text, the videos, and our discussions – to engage in a journey. I'm delighted to have the chance to work with each of you in your quest toward academic success and overall wellness. Feel free to contact me during office hours or via email at teachinghealth@gmail.com if you have any questions or concerns. I look forward to meeting you soon – online and in person!

Cheers,



Kim Harrison, MPH CHES
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 two sections on the top left of the page, My Workspace and on the right, your class website. Your class website 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 or a Netscape 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