



Welcome to ITV - The Week-End College!

You are enrolled in:

Health 11 (7921) (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

Ginger Mallas, M.P.H.
(818) 364-7600, ext. 7158
gmallas@chw.edu

Office Hours

Wednesdays, 1:00 PM – 8:00 PM

Getting Started

Even though you do not meet with your instructor until the first weekend of the semester, your class begins online Monday, February 4, 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 time and location.

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, Southwest, Mission, Valley, and Pierce Colleges or from most online bookstores.

3. Log In

The class website opens **Feb. 4**, 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 her 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 12 hours per week completing the assignments. 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 the timer on your Tivo or DVD recorder in advance. You can find the broadcast schedules on the back of this page

Classroom Location Schedule

Attend class at any one of the four campuses: L.A. City, L.A. Pierce, 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
	Southwest College	1:30 P.M. – 4:30 P.M.	Lecture Lab., Rm. 116
Sunday	L.A. Pierce College	9:00 A.M. – 12 Noon	Business Bldg., Rm. 3206
	L.A. Valley College	1:30 P.M. – 4:30 P.M.	Foreign Language Bldg., Rm. 108

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

Spring 2008 CALENDAR

February 4 – April 6, 2008

Important Dates and Deadlines

Last Day to Add classes by STEP or Online	Feb. 3
Semester Begins	Feb. 4
Last Day to Drop or Change Classes	Feb. 10
<i>(without Incurring Fees)</i>	
Cablecasts Begin on Cable Channel LA 36	Feb. 14
Last Day to ADD by FAX or in-person.....	Feb. 14
Last Day to Drop Classes Without a "W".....	Feb. 22
<i>(no refund)</i>	
Last Day to File for Credit/No Credit	March 5
Last Day to Drop with a "W"	March 22
<i>(After this date a grade must be issued)</i>	

Class Meeting Schedule

Class Meeting	Feb. 9 & 10
No Class Meeting	Feb. 16 & 17
Class Meeting	Feb. 23 & 24
Class Meeting	March 1 & 2
Midterms Exams.....	March 8 & 9
Class Meeting	March 15 & 16
Saturday Classes Meet ...	March 22
Spring Break	March 23 – 29
Sunday Classes Meet.....	March 30
Final Exams.....	April 5 & 6

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



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. Generally, students must have a valid student ID *for the campus they intend to use*, to check out or use 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

Journey to Health: Mind, Body, Spirit

Four Ways to Watch the Videos

1. Available on the Los Angeles Educational Channel, LA 36. The broadcast schedule is:
Thursdays, Feb. 14 - April 3 @ 10:00 AM – 12:00 PM
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 at the Learning Resource Centers at City, Pierce, Southwest, Valley, and Mission Colleges. You must bring your student ID or fee receipt to view the videos.

Welcome to the journey!

Welcome to Health 11: Principles of Healthy Living. Health related topics surround us every moment of every day, from the food we consume, to the freeways we drive and the friends we choose. This course is designed to provide you with a comprehensive overview of the variety of health issues, which affect each of us. During this course you will be able to identify models for health behavior change, understand key health issues effecting the world today, and to develop methods for managing individual health decisions in your day-to-day lives.

This brief course is designed to cover a myriad of topics in a very short period of time. In order for all of us to be successful in this course, it is pertinent to keep a watchful eye on assignments and due dates. Active participation in the weekend lectures is a key component to this course as it allows us the opportunity to discuss common health issues in context with our daily lives. Class discussion will bring liveliness to the course which cannot be achieved through the videos and online components alone.

Please be sure to purchase the required textbook, An Invitation to Health, Brief Edition by Diane Hales. I also recommend that you purchase The Telecourse Guide for Journey To Health as this will provide guidance through the video series. Textbooks may be purchased at the campus bookstores of each of the four campuses where classes meet.

It is my opinion that the key to happiness often lies in the health of individuals. For many people, making a decision to be healthy is making a decision to be happy. It may take only one healthy behavior change by each of us to inspire those around us to make a change of their own! How can we resist doing our part to improve to the world around us? Enjoy the journey we are about to embark on!

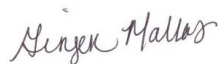
Once you have logged on, do the following

- ✓ Print the syllabus and attached course outline chart
- ✓ Go to the Discussion Forums and respond to the "Class Introductions" thread

A brief overview of my background: I teach Health through ITV in addition to working full time at Northridge Hospital Medical Center. I have experience in a variety of areas including, cancer, case management, bariatric surgery, radiology, integrative medicine and community outreach. I received my Bachelor's Degree in Health Care Administration from CSU, Chico and my Master's in Public Health (Education) from CSU, Northridge. I am excited to have the opportunity to share my experiences and love for health with each of you.

Lastly, please make note of my email address: gmallas@chw.edu To ensure a timely response to any emails sent to me, please include **HEALTH 11** in the subject line. Remember that I am here as a resource for you, come to me with any questions!

Regards,



Ginger Mallas, M.P.H.
Instructor

-OVER-

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