COURSE SYLLABUS

COURSE: Elements of Health (HPER 315)

INSTRUCTOR: Diane                  OFFICE: Graichen Gym

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       800-532-8641 Ext. 37242 or 37260 (VCSU toll free)

SCHEDULE: Online                  TERM: Spring 2005

TEXTBOOK: The textbook is a hybrid text assembled from 4 different textbooks. This text is required and can be purchased at the VCSU Bookstore. You cannot successfully finish this course without purchasing the text.

ONLINE COMPONENTS: This is an online course. All of the seat-time is replaced by web based components.

COURSE OBJECTIVES
Upon successful completion of this course, the learner will be able to:
1. Understand the difference between infectious and non-infectious diseases
2. Understand the agent-host-environment interaction
3. Learn preventative measures that may be taken to fight disease
4. Apply and integrate knowledge gained in class with trends as they relate to everyday living
5. Relate an understanding of what is good nutrition and the results of poor nutrition
6. Demonstrate an understanding of the energy balance of the human body
7. Demonstrate an understanding of nutrition needs of different age groups

COURSE REQUIREMENTS
The course objectives will be attained through successful completion of topic modules. Students are required to complete the “Required Modules Learning Units” before moving into the corresponding Elective Module Learning Units. Each “Required Module Learning Unit” consists of 2 sections: 1. an introductory information section and, 2. a relevant topic that has been selected by the instructor. Once entering the Elective Module Learning Unit, students must complete 3 modules of their choice from the menu provided. All elective modules have specific readings and learning activities assigned to them.

Exams must be proctored, please contact the course instructor for details when you are ready to take an exam. There are no due dates for any module; students may progress at their own speed through the course. However, all modules must be completed by the end of the term unless prior arrangements have been made with the instructor.

UNIVERSITY ABILITIES
All module assignments address the abilities of Communication and Problems Solving. All activities are listed by their title, ability, skill and level on the HPE’s Departmental Ability Map. This map (currently under construction) will be located on the HPE Home Page.

EVALUATION
Total points earned during the course will determine the final grade. Letter grades will be determined by the following standards:
90-100%=A  80-89% = B  70-70% = C:  60-69% = D