

Welcome to HSCI 202 Health Education Distance Education Spring 2025

Welcome to HSCI 202! I look forward to working with you all this Spring 2025 semester! Please read the information below which will give you information related to class access and the textbook requirement. If you have any questions, please email me at the email listed below.

Instructor: Jenel Guadagno
Email: jenel_guadagno@cuesta.edu

Course Start Date: 03/31/2025

Course End date: - 05/23/2025

This course is fully online. There are no mandatory meetings.

COURSE DISCRIPTION

Presents the major health topics and provides an introduction to health careers, emphasizing the prevention of non-communicable conditions, promotion of health and fitness throughout the lifespan, and the application of current research in health to affect behavior and lifestyle changes. Health topics are discussed from a multi-dimensional perspective including examples from a variety of ethnic minority groups.

STUDENT LEARNING OUTCOMES

1. Demonstrate accurate analysis of the nutrients, ingredients, and calories from fats, proteins, and carbohydrates on food label.
2. Apply media literacy tools to evaluate the credibility and reliability of health literature.
3. Demonstrate accurate association between food choices, stress, exercise, environmental factors and your risk of major non-communicable diseases.
4. Evaluate lifestyle changes you have made or plan to make as a result of taking health class.
5. Develop a plan for lifestyle changes that will reduce your risk of major non-communicable or communicable disease based on your family health history and/or current lifestyle choices.
6. Critique the process you have made by engaging in your personal physical fitness plan.

CLASS OPENS/ACCESSING CANVAS

This course is part of Cuesta's First Day delivery program.

Cuesta College will bill you at the discounted price as a course charge for this course **on the course census date.**

It is NOT recommended that you Opt-Out, as these materials are required to complete the course. You can choose to Opt-Out on the first day of class, but you will be responsible for

purchasing your course materials at the full retail price and access to your materials may be suspended.

For more information and FAQs go to customercare.bncollege.com.

ONLINE MODALITY: CANVAS

Canvas is our Online Modality for this Course.

How to access Canvas quickly:

1. Go to www.cuesta.edu
2. On the top of the page, click on “Canvas”
3. Log in with your cuesta college username and password.
4. Click on your spring class (HSCI 202) to get started.

Cuesta Tech Support Email: support@my.cuesta.edu

Please contact tech support if you have questions or technical difficulties accessing the class.

• [Quick Link Reference for Students accessing Canvas](#)

• [Link for Cuesta College Distance Education](#)

• [Canvas Tutorials for Students:](#)

• [Canvas System Requirements:](#)

If you have questions regarding the class, please feel free to contact me at the email listed above and I will do my best to answer your questions or refer you to someone that can answer your technology needs.

Jenel Guadagno