

Spring 2026
College of the Redwoods



Course Information

Semester & Year: Spring, 2026 - **8-week course - February 2 - April 3, 2026**

Course: HE - 1 V0138

Instructor's name: Maggie White

Course units: 3

Instructor Contact Information

Office location or Online: PE 100B or Zoom calls

Office hours: By appointment via Zoom or email (we can also meet on campus)

Email address: Maggie-white@redwoods.edu

Required Material

Textbook: An Invitation to Health, Brief 13th Edition, by Lisa Tunks Publisher: Cengage Learning ISBN-13 9780357973585

Catalog Description

Course Catalog Description: An introduction to a broad range of lifestyle components and personal choices that have a direct relationship to the student's overall lifetime wellness. Some of the concepts discussed include principles of health and wellness, stress modifications, weight management, exercise principles, personal health responsibility, major disease, and relationships.

Course Student Learning Outcomes

Recognize the signs and symptoms of major diseases and learn to incorporate prevention strategies.

2. Apply the principles of proper nutrition and exercise to overall health and wellness.
3. Modify behavior based on a personal assessment of health and wellness dimensions.
4. Analyze and critically evaluate current media information related to health and wellness.
5. Apply principles of healthy personal relationships to real-life relationships.

Course Communication

The best way to reach the instructor is through email at Maggie-white@redwoods.edu. The easiest way is for the student to send a message via the Canvas messenger system. The Canvas messenger system is through your inbox on the left of the screen on Canvas. It is preferred since it will automatically document which course the student is taking since the instructor teaches multiple classes and it automatically gets sent to the instructor email. The instructor will usually respond within 24 hours during the week and 48 hours on the weekends.

Necessary Computer Skills

Online courses require basic modern computer skills. Be able to navigate websites, open and download files, use a word processor and be able to convert files, if necessary, into a word document, and submit files to Canvas, which is the learning management system for the course. **Some assignments may require the use of a webcam or video submission. It is the student's responsibility to meet the technological demands of the class.**

Technology Requirements (computer, other hardware, and software)

Since the course material is delivered online, your equipment needs to be up to date. It is recommended to have broadband services from your local cable provider or satellite internet providers. You will need reliable access to the internet and log into the class regularly (at least twice a week). It is your responsibility to meet class deadlines. It is highly recommended that you use [Firefox](#) or [Google Chrome](#) as your internet browser. They are the preferred browsers for Canvas.

Canvas has an app available to use on a **phone or tablet**. As it is improving, it is still not as ideal as a computer. If the student has a major assignment with a lot of writing or the final

exam should be taken on a computer with reliable Wi-Fi or hard-wired internet to your computer.

Regular and Substantive Interaction

We can meet via email, messaging, phone, or zoom if needed. I am also on the Eureka main campus 3-4 days a week if that works too. This is an **asynchronous** (you can do the work on your own time within the posted due dates each week) course, and the modules are organized weekly. The modules open every Friday, and the work is due the following Sunday (nine days to complete the work). There are threaded discussion forums, weekly quizzes, and assignments due each week.

Please check your messages at least twice a week to make sure you are getting necessary information. Our interaction will be done weekly. You may not work ahead and please do not fall behind as assignments close after the due date. Quizzes close the day after the due date and assignments close one week after the due date for partial credit. There are no make-ups after they close.

Evaluation & Grading Policy

Homework assignments will be submitted on Canvas. Please do not email attachments with assignments. Each week there will be Modules that you can get to from the course home page of on the left of the screen by clicking on the Modules link. All the week's assignments including quizzes will be added to the module. You need to read through the module and complete the work each week. Most assignments are due by Sunday at 11:59 p.m. on the week given. When you save your document, please use your last name in the file name and save it as a **Microsoft Word Document**. Assignments will be graded within 72 hours of the due date.

This syllabus provides a summary of the assignments. More details will be provided in the assignment area of Canvas. The modules have discussion forums, quizzes, reading the lecture notes, and every week there is an article review due. Some discussion forums require some outside work before submitting the discussion, so it is a good idea to do them early in the week.

Discussion Forum Entries (225 points - 10 points for 15 posts and 5 points for 15 responses)

You will be required to submit at least two postings by replying to my initial post **and** one reply to peer postings for each of the postings every week. Postings are a minimum of **200** words in length and must reflect an understanding of the written (text, lecture, and

articles) materials, critical thinking on the topics, and citations from the materials you read to support views. The responses to another student are a minimum of **100** words. **Postings are not text messages. Spell out words and use punctuation and grammar appropriate for college work.** The postings are due by 11:59 pm each Friday and your response by 11:59 pm each Sunday. Late postings will have points deducted or may not receive a grade. It is important they are done on time to receive full credit.

They will be graded on the following criteria:

1. Answering questions in the prompt and meeting the word count requirement
2. The work is turned in on time and proper spelling a grammar is used
3. Responding to another student in the class and having the proper word count

Discussion forums will be graded within 72 hours of the due date. Please read grader comments in the rubric for explanation of grading.

Article Review Assignment (105 points 7 Reviews worth 15 points each)

Each student is to read 7 articles for the entire semester (one every week - See assignment schedule in the modules or on the calendar) related to *any* health topic - please pick a health topic that interests you. You can choose articles from one health-related topic or choose several different topics. Articles may come from any credible website. Some students go to the health section of a newspaper website, or search Health magazines online - those are fine. Articles must also be **current (dated after January 1, 2026)**. On the week, the assignment is given, the review is due Sunday night by 11:59 pm.

The completed assignment will include:

- A. A **link** to one article that you have read (Copy and paste the website address to the top of the review).
- B. A **summary** review of each article. Be sure to include your name, the article name, date of publication, author, and the source at the top of your summary page. The summary should be short but complete (about one paragraph). It should be followed by **how the article influenced your thinking** on the topic. This should also only be about 1-2 paragraphs long. There should be critical thought and analysis put into this part of the summary.

The reviews are worth 15 points each (105 points total for the semester) and will be graded on the following criteria:

1. Neatness and current health related review turned in on time (5 points)

2. Spelling, grammar, and proper sentence structure (5 points). (Hint: use spell check!)
3. The content of your summary review (5 points).

The article review must be submitted on Canvas as Microsoft Word Document (.docx or .doc). Too many students have had issues with Google docs. If you use Google Docs, you can copy and paste your review into the text box in the assignment or attach a word document before submitting it. Assignments via email will not be accepted.

Article reviews will be graded within 72 hours of the due date. Please read grader comments in the rubric for explanation of grading.

Quizzes (150 points - 10 points for 15 quizzes)

There will be at least 2 short quizzes each week. These are done online and are due by the end of the week (Sunday at 11:59 pm). They will be timed (about 3 minutes per question) and cover the assigned readings and lecture notes for the assigned week. These quizzes are open book, but the quizzes are timed. Therefore, be mindful of the time when you begin the quiz. Each student is allowed two attempts. The highest score will be entered into the grade book.

The quizzes are graded automatically, and you will know your grade immediately.

Final Examination (130 points)

There will be one examination that will cover the entire semester online. **Please be mindful as you can only take the exam once and it will be timed, but you will be able to take the exam online using the *Google Chrome* or *Firefox* browser.**

The final exam will be graded automatically, and you will know your grade immediately.

Grading:

Your final grade will be based on the total points you have earned throughout the semester. After each assignment is graded, your point value will be posted into the Canvas grade book. I am not a fan of the plus or minus system in grading. Occasionally, I may give a plus, but rarely a minus. Back in the Stone Age, when I was a student, I was not fond of the fact that 80% was below 3.0 on the grade point average.

A - 90-100%

B - 80-89%

C - 70-79%

D - 60-69%

F - 59% or below

Educational Accessibility & Support

College of the Redwoods is committed to providing reasonable accommodation for qualified students who could benefit from additional educational support and services. You may qualify if you have a physical, mental, sensory, or intellectual condition which causes you to struggle academically, including but not limited to:

- Mental health conditions such as depression, anxiety, PTSD, or bipolar disorder
- Common ailments such as arthritis, asthma, diabetes, autoimmune disorders and diseases
- Temporary impairments such as a broken bone, recovery from significant surgery, or a pregnancy-related disability
- Neurodevelopmental disorders such as a learning disability, intellectual disability, autism, acquired brain injury, or ADHD
- Vision, hearing, or mobility conditions

Available services include extended test time, quiet testing environments, academic assistance and tutoring through the [LIGHT Center](#), counseling and advising, alternate formats of course materials (e.g. audio books or E-texts), assistive technology, learning disability assessments, approval for personal attendants, interpreters, priority registration, on-campus transportation, adaptive physical education and living skills courses, and more. If you believe you might benefit from disability- or health-related services and accommodations, please contact [Student Accessibility Support Services \(SASS\)](#).

If you are unsure whether you qualify, please contact SASS for a consultation:
SASS@redwoods.edu.

SASS office locations and phone numbers

Eureka campus

- Phone: 707-476-4280,
- Locations: Student Services building, first floor SS113

Del Norte campus

- Phone: 707-465-2353
- Location: Main building, near the Library

Klamath-Trinity campus

- 707-476-4280

AI Use Class Policy

Generative AI tools, such as ChatGPT and Gemini & Perplexity, are likely to be widely used in the workplace moving forward. It's important for you to understand how to use them ethically and effectively. For that reason, in this class, you will sometimes be invited to use such a tool in the completion of an assignment. In this class, using generative AI tools is not cheating if the outputs are screened by you for accuracy, bias, appropriateness, and fidelity to your perspective.

Academic Integrity

In the academic community, the high value placed on truth implies a corresponding intolerance of scholastic dishonesty. In cases involving academic integrity, determination of the grade and of the student's status in the course is left primarily to the discretion of the faculty member. In such cases, where the instructor determines that a student has demonstrated a lack of academic integrity, the student may receive a failing grade for the assignment and/or exam and may be reported to the Chief Student Services Officer or designee.

Important Dates

CR Academic Calendar

CR Academic Calendar

Date

To Remember

January 16

Last day to register for classes (2/1/26)

CR Academic Calendar

Date**To Remember**

January 17 Classes begin (This class 2/2/26)

January 19	Martin Luther King's Birthday Holiday
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January 23 Last Day to Add a Class (This class 2/11/26)

January 30 Last Day to Drop & Receive a Refund (This class 2/11/26)

February 1 Last Day to Drop w/out a "W" (This class 2/11/26)

February 2 Census Date (20% of class) (This class 2/12/26)

February 13	Lincoln's Birthday Holiday
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February 16	President's Day Holiday
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March 14- 20	Spring Break (No Classes)
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CR Academic Calendar

Date	To Remember
March 5	Last Day to Petition to Graduate & Petition for Certificate
March 31	Cesar Chavez Day Holiday
April 3	Last Day for Student/Faculty Withdrawal (This class 3/11/26)
May 9 - 15	Final Examinations (This class 3/30-4/2/26)
May 15	Last Day to File P/NP Option
May 15	Semester Ends
May 22	Grades Due
May 25	Memorial Day Holiday
May 29	Grades Available for Transcript Release