



COURSE EXPECTATION LETTER

Subject:

KIN 192 - Health: Women's Personal Health

Email Contact Information:

acartagena@riohondo.edu

Catalog Course Description:

196.)

This course is designed for students interested in expanding their knowledge about health problems and social issues that affect women uniquely. Physiological and psycho-logical aspects of nutrition, hygiene, sexuality and reproduction, drugs and chemicals, and common diseases are among the many topics covered. Guest speakers, videos, current events, and web-based as well as text readings help students develop sound health principles for use in everyday life.

Student Learning Outcomes:

In written assignments, students will explain health issues and reproductive challenges faced by women. Presented with different scenarios, students will recommend best practices for a healthy lifestyle including diet, exercise, and sleep.

In written assignments, students will present and compare approaches to emotional well-being and fitness.

By logging into Canvas you affirm that you are the student who enrolled in the course(s) and are the person who will complete the assigned work. Furthermore, you agree to follow the regulations regarding academic integrity, personal identification and the use of student information as described in BP 5500 (Standards of Conduct) and AP 5520 (Student Conduct Procedures) which are the Rio Hondo College student conduct codes that govern student rights and responsibilities. You acknowledge that failure to abide by the regulations set forth in BP 5500 and AP 5520 may result in disciplinary action, including expulsion from the college.

This is **NOT** a self-paced course. There are firm deadlines in this class. There are assignments due on a regular basis. Please plan your time carefully!

Textbook: Please consult the Bookstore for information at (562) 463-7345 or go to [Rio Hondo College Online Bookstore](#)

Over the course of the semester there will be regular instructor student contact.

Methods of student contact include:

(1) Asynchronous (24/7): Weekly announcements (typically sent on Monday evenings) and updates (as necessary). Discussion boards, e-mails, quizzes, projects, and class cafe. Additional communication via "Comments". Comments on student assignments will be included in Grade Center and/or embedded in student submissions.

(2) Synchronous (scheduled by appointment): Phone and/or chat.

The instructor may drop you for non-participation.

There will be a one to three business day delay after an add code is used before a student may be able to log on to Canvas.

For students new to online classes, it is highly recommended that you take the Online Orientation through our Online Education website. This will help explain what online classes are like and familiarize you with how the class

is laid out. The orientation can be found at: <http://www.riohondo.edu/canvas-orientation/>

Email Responses: Instructors will make every attempt to respond to students in a timely fashion. Responses can take up to 48 hours before a response is received, excluding weekends and holidays.

Disability: A Student with a verified disability may be entitled to appropriate academic accommodations. Please contact your instructor and/or the [Disabled Students & Programs](#) office at 562-908-3420 for more information.

Modifications and Disclaimer: The instructor reserves the right to modify the content of the course or any course procedure. It is the responsibility of the student to keep apprised of all changes. If the student wishes to drop the class he/she is responsible for initiating the drop. Do not take it for granted that you will be dropped. If you stop working and do not drop the course, you may get an undesirable grade.

Additional Information:

Students successful in this course have linked their Canvas settings (notifications and announcements) with an email address for which they use frequently.