

HPE 140 – LIFETIME WELLNESS

Welcome to your HPE online course! I am so glad you have decided to take one of our classes. I believe you will find that learning how to make healthier lifestyle choices will have a positive impact on your life that will benefit you for the rest of your life. Also, I believe you will find the online experience a rewarding adventure.

First, let's make sure online is the most appropriate choice for you. Go to <http://www2.hfcc.edu/online/isOnline.htm> to see if "You are ready for distance learning," if you have the correct "Technology Requirements," and to find "Tips for Success."

Distance learning requires you to be a self-motivated learner. You have the advantage of completing the work at a time that is convenient for you as we do not meet at specific times online, however, there are strict due dates for assignments that must be met to be successful in the class. Typically, an online class replaces class meetings with numerous assignments to ensure that all the material is covered. Sometimes the work load can get overwhelming if you do not work regularly on assignments. It is easy to get behind if you are not careful and organized. Keep in mind that with a two-credit hours class you are expected to spend two hours in class each week and four hours outside of class studying for a total of six hours. You should expect to spend at least six hours per week in this class to be successful in the class. Sometimes students think an online class is easier than a traditional class – this is typically not true.

Your online HPE class uses HFCC's UCompass Educator Course Management System as the website for the class. You will access UCompass at <http://henryford.ucompass.com> or there is a link to UCompass (online courses) at the HFCC website (www.hfcc.edu).

Your username and password to UCompass will be the same username and password that you use for WebAdvisor. If you have difficulties logging into UCompass, there are instructions on the UCompass welcome page that will tell you how to find your username and password.

This gives you everything you need to know for now. You will not be registered in UCompass until the first day of classes. Wait until then to access the class. Once you get into the class the first announcement will tell you what to do next. In the meantime, the College Store has the books that you need for the class. Or, you can order these online at <http://hfcc.edu>.

Texts materials for HPE 140 – Lifetime Wellness is as follows: (Be sure to purchase the DVD package)

Textbook : Sandra Alters and Wendy Schiff. Essential Concepts for Healthy Living, 4th ed., Boston: Jones and Bartlett Publishing Company, 2006. ISBN 0-7637-2952-3

Telewebcourse Study Guide: Telecourse Study Guide for The Human Condition, by Wendy Schiff. 4th Ed. Boston: Jones and Bartlett Publishing Company, 2006. ISBN 0-7637-3725-9

DVD Package: Jones and Bartlett Publishing Company.

If you have any other questions or concerns, do not hesitate to email me at csloan@henryford.ucompass.com

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