

PHED 1100-Health & Wellness/ONLINE

CRN 20112

Instructor: Jimmy Ballenger

E-mail:jballenger@abac.edu

Terms of Registration

You will be completing this online Health & Wellness course through WebCT Vista. You will be responsible for getting accustomed to the system and for turning in all projects on time, despite hardware problems. Students who register for PHED 1100 online agree to the following:

1. You will meet weekly deadlines by completing your work as set in the session calendar.
2. You will have ready access to the Internet.
3. You must be familiar with e-mail procedures.
4. You must be disciplined enough to access the course information via Power Point (VERY HELPFUL), text, and a variety of online resources. **Microsoft Word** is mandatory to have for turning in ALL assignments.
5. You will need a copy of our text Fit & Well (7th edition) to gain access to the McGraw-Hill web resources. (Register BEFORE the first day of class).
6. You will need to download the latest version of JAVA by going to java.com (click on "free download"). Please note that I am NOT technical support.

Students who live on campus should have no problems as they can access the computer labs. You should be a) fairly familiar with PC's and b) have a reliable PC and Internet Service Provider. For the purposes of this class, "My computer isn't working is equivalent to "The dog ate my homework."

The class will meet August 20th (Monday) and 22nd (Wednesday) from 5:00 pm to 5:50 pm in Gressette Gymnasium for a mandatory orientation session. All class members are REQUIRED to attend. Those NOT in attendance will NOT be able to stay enrolled in the course.

Also, we will meet for the exams on the following dates: Sept 10th , Oct. 1st Oct. 29th , Nov. 12th Dec. 3rd

AND a comprehensive FINAL exam on December 5th from 5:00pm to 5:50pm.

A Final Important Note:

Those who take online courses must be self-sufficient and willing to work. You will be able to work at your own pace within the framework of the course, but deadlines are non-negotiable. I will NOT send e-mails or make phone calls to remind you of due dates. If you have problems staying on task, then Online PHED 1100 is not for you.

By signing below, you are agreeing to the above conditions.

Name (print, then sign): _____ X _____

E-Mail account: (sample: jdoe@surfsouth.com) _____

Student ID : _____

Student phone contact: _____