

**Summer Online First Year Initiative 2025**  
**Course Information Sheet**  
**IDIS 150: Health & Wellness in the 21<sup>st</sup> Century – A. Shimko**

**How to Get Started**

To get started in your online course log onto:  
<https://www.frostburg.edu/canvas>  
 Enter your Frostburg State University  
 username and password.

<b>Course Name:</b>	IDIS 150 – Freshman Colloquium: Health & Wellness in the 21 <sup>st</sup> Century
<b>Instructor:</b>	Ms. Amy Shimko
<b>Contact Info:</b>	301.687.3132 or 301.687.4403 – alshimko@frostburg.edu
<b>Course Description:</b>	IDIS 150 courses were created to foster a sense of understanding through exploration of a current issue, theme, problem, person, or persons, cultural or historical period, world area or national region, or other unifying principle through interdisciplinary study, discussion, and activities. This topic is an exploration of the economic, political, cultural, societal, and ethical aspects of Health & Wellness in the 21 <sup>st</sup> Century. Focus on contemporary health issues including obesity, tobacco use, substance abuse, mental health, violence, and access to health care.
<b>Course Recommended for:</b>	Any student wishing to gain an understanding of health as a contemporary and complex social issue by examining the economic, political, cultural, social, and ethical influences on leading health indicators. This course fulfills the GEP Group E requirement.
<b>Course Materials:</b>	<b>Health: The Basics</b> (11th Edition) by Rebecca Donatelle. NOTE: You only need the book, not any of the online codes or disks. We are using an older version of the textbook to keep student costs down.  ISBN: 139780321910424
<b>Course Requirements:</b>	This course should be completed within the first 45 hours and fulfills the GEP Group E requirement. There are no prerequisites.
<b>Technical Requirements:</b>	Students must have a frostburg.edu e-mail account and regular access to canvas. To see if your computer meets system requirements, visit <a href="http://www.frostburg.edu/canvas">http://www.frostburg.edu/canvas</a> .



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**Message from  
Instructor:**

I look forward to an exciting summer semester in IDIS 150. The orientation for this course is online. To avoid falling behind, please sign into the course on day one of the course. Sometimes the course is made available sooner than day one to provide you some extra time. If the course is available, I will send an email to your FSU email account so please be sure to check this account starting on July 1 for updates or announcements from me. Please feel free to contact me via phone: 301.687.4403 or stop by my office while you are on campus to introduce yourself and for a quick informal orientation: Pullen Hall 110-3. I am very excited to be working with you as you start the transition to becoming an FSU Bobcat! Please let me know if I can help you in any way.