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**Diploma in Health Studies Checklist**

**Diploma in Health Studies**

**Progress Indicator**

Name: Yann GEFROTIN  
Progress: **100.00%** 0% 100%  
Total Time: **01:23:15**  
Points: **220**  
Last Access: **2011-07-09 11:03:40**  
Certified: **Yes (Claim your Certificate)**

The table below shows your progress in details, it also show you what topic/modules you failed or did not study. Click on the module link where you want to complete or re-attempt.

**Detailed Course Completion Report**

**Diploma-in-General-Health: What is health?**

First access: Saturday, 9 July 2011, 11:38 AM (8 h 39 m)

Last access: Saturday, 9 July 2011, 11:38 AM (8 h 39 m)

**Report:**

- What is health?
  - What is Health?
    - **Status:** completed
    - **Total Time:** 00:00:04
  - Increased Life Expectancy
    - **Status:** completed
    - **Total Time:** 00:00:13

**Diploma-in-General-Health: Primary healthcare for all**

First access: Saturday, 9 July 2011, 11:39 AM (8 h 39 m)

Last access: Saturday, 9 July 2011, 11:39 AM (8 h 39 m)

**Report:**

- Primary healthcare for all
  - Primary healthcare
    - **Status:** completed
    - **Total Time:** 00:00:03
  - Health for all
    - **Status:** completed
    - **Total Time:** 00:00:03
  - The Ottawa Charter on Health Promotion
    - **Status:** completed
    - **Total Time:** 00:00:05

**Diploma-in-General-Health: Carbohydrates**

First access: Saturday, 9 July 2011, 11:39 AM (8 h 39 m)

Last access: Saturday, 9 July 2011, 11:39 AM (8 h 39 m)

**Report:**

- Carbohydrates
- ■ ✓ Carbohydrates
  - ■ **Status:** completed
  - ■ **Total Time:** 00:00:59

📁 **Diploma-in-General-Health: Fats**

First access: Saturday, 9 July 2011, 11:39 AM (8 h 39 m)

Last access: Saturday, 9 July 2011, 11:39 AM (8 h 39 m)

**Report:**

- Fats
- ■ ✓ Fats or lipids
  - ■ **Status:** completed
  - ■ **Total Time:** 00:01:00

📁 **Diploma-in-General-Health: Protein**

First access: Saturday, 9 July 2011, 11:39 AM (8 h 39 m)

Last access: Saturday, 9 July 2011, 11:39 AM (8 h 39 m)

**Report:**

- Protein
- ■ ✓ Nutrients and their impact on health: protein
  - ■ **Status:** completed
  - ■ **Total Time:** 00:00:59

📁 **Diploma-in-General-Health: Minerals**

First access: Saturday, 9 July 2011, 11:39 AM (8 h 38 m)

Last access: Saturday, 9 July 2011, 11:39 AM (8 h 38 m)

**Report:**

- Minerals
- ■ ✓ Minerals
  - ■ **Status:** completed
  - ■ **Total Time:** 00:00:02
  - ✓ Calcium
    - ■ **Status:** completed
    - ■ **Total Time:** 00:00:03
  - ✓ Phosphorus
    - ■ **Status:** completed
    - ■ **Total Time:** 00:00:03
  - ✓ Iron
    - ■ **Status:** completed
    - ■ **Total Time:** 00:00:03
  - ✓ Iodine
    - ■ **Status:** completed
    - ■ **Total Time:** 00:00:02
  - ✓ Zinc
    - ■ **Status:** completed
    - ■ **Total Time:** 00:00:03

📁 **Diploma-in-General-Health: Dietary needs of the individual**

First access: Saturday, 9 July 2011, 11:40 AM (8 h 38 m)

Last access: Saturday, 9 July 2011, 11:40 AM (8 h 38 m)

**Report:**

- Dietary needs of the individual
- Using recommended dietary intakes
  - **Status:** completed
  - **Total Time:** 00:00:02
  - Using the RDIs
  - **Status:** completed
  - **Total Time:** 00:00:03
  - Understanding the dietary needs of the individual
  - **Status:** completed
  - **Total Time:** 00:00:03
  - Recommended dietary intake tables
  - **Status:** completed
  - **Total Time:** 00:00:03

 **Diploma-in-General-Health: Dietary imbalances and diet related disease**

First access: Saturday, 9 July 2011, 11:40 AM (8 h 37 m)

Last access: Saturday, 9 July 2011, 11:41 AM (8 h 37 m)

**Report:**

- Dietary imbalances and diet related disease
- Dietary imbalance and diet-related diseases
  - **Status:** completed
  - **Total Time:** 00:00:06
  - High fat intake
  - **Status:** completed
  - **Total Time:** 00:00:14
  - Mature-onset diabetes
  - **Status:** completed
  - **Total Time:** 00:00:15
  - High sugar intake
  - **Status:** completed
  - **Total Time:** 00:00:15
  - Low fibre intake
  - **Status:** completed
  - **Total Time:** 00:00:01
  - High sodium (salt) intake
  - **Status:** completed
  - **Total Time:** 00:00:08
  - High calcium intake
  - **Status:** completed
  - **Total Time:** 00:00:13
  - Low calcium intake
  - **Status:** completed
  - **Total Time:** 00:00:07
  - Low iron intake
  - **Status:** completed
  - **Total Time:** 00:00:05
  - Excess weight and obesity
  - **Status:** completed
  - **Total Time:** 00:00:06
  - Cardiovascular disease
  - **Status:** completed
  - **Total Time:** 00:00:08
  - Important factors in diabetes
  - **Status:** completed
  - **Total Time:** 00:00:06
  - Changes required for diabetes sufferers

- ■ **Status:** completed
- ■ **Total Time:** 00:00:03

#### **Diploma-in-General-Health: Factors that affect food selection**

First access: Saturday, 9 July 2011, 11:41 AM (8 h 36 m)

Last access: Saturday, 9 July 2011, 11:42 AM (8 h 36 m)

##### **Report:**

- Factors that affect food selection
  - ■ ✓ Factors that affect food selection
    - ■ **Status:** completed
    - ■ **Total Time:** 00:00:02
    - ✓ Factors that affect food selection: lifestyle
      - ■ **Status:** completed
      - ■ **Total Time:** 00:00:04
    - ✓ Factors that affect food selection: family and culture
      - ■ **Status:** completed
      - ■ **Total Time:** 00:00:05
    - ✓ Factors that affect food selection: subcultures
      - ■ **Status:** completed
      - ■ **Total Time:** 00:00:13
    - ✓ Factors that affect food selection: family size
      - ■ **Status:** completed
      - ■ **Total Time:** 00:00:10
    - ✓ Factors that affect food selection: developments in technology
      - ■ **Status:** completed
      - ■ **Total Time:** 00:00:04
    - ✓ Factors that affect food selection: equipment in the home
      - ■ **Status:** completed
      - ■ **Total Time:** 00:00:09
    - ✓ Factors that affect food selection: transport
      - ■ **Status:** completed
      - ■ **Total Time:** 00:00:11
    - ✓ Socio-economic status
      - ■ **Status:** completed
      - ■ **Total Time:** 00:00:09
    - ✓ The politics of food availability
      - ■ **Status:** completed
      - ■ **Total Time:** 00:00:10
    - ✓ Nutritional information and misinformation
      - ■ **Status:** completed
      - ■ **Total Time:** 00:00:11
    - ✓ Influences on food choice and stage of life most likely affected
      - ■ **Status:** completed
      - ■ **Total Time:** 00:00:08
    - ✓ The role of the media
      - ■ **Status:** completed
      - ■ **Total Time:** 00:00:04
    - ✓ Food development
      - ■ **Status:** completed
      - ■ **Total Time:** 00:00:03

#### **Diploma-in-General-Health: Families making changes to food choices**

First access: Saturday, 9 July 2011, 11:43 AM (8 h 35 m)

Last access: Saturday, 9 July 2011, 11:43 AM (8 h 35 m)

##### **Report:**

- Families making changes to food choices
  - ■ ✓ The capacity of individuals and families to make changes to their food choices: skill

- ■ **Status:** completed
  - ■ **Total Time:** 00:00:22
- ✓ The capacity of individuals and families to make changes to their food choices: time
- ■ **Status:** completed
  - ■ **Total Time:** 00:00:23
- ✓ The capacity of individuals and families to make changes to their food choices: energy
- ■ **Status:** completed
  - ■ **Total Time:** 00:00:22
- ✓ The capacity of individuals and families to make changes to their food choices: motivation
- ■ **Status:** completed
  - ■ **Total Time:** 00:00:22
- ✓ The capacity of individuals and families to make changes to their food choices: money
- ■ **Status:** completed
  - ■ **Total Time:** 00:00:21
- ✓ The capacity of individuals and families to make changes to their food choices: knowledge
- ■ **Status:** completed
  - ■ **Total Time:** 00:00:22
- ✓ The capacity of individuals and families to make changes to their food choices: knowledge continued
- ■ **Status:** completed
  - ■ **Total Time:** 00:00:21
- ✓ The capacity of individuals and families to changes their food choices
- ■ **Status:** completed
  - ■ **Total Time:** 00:00:21

#### **Diploma-in-General-Health: Using resources to achieve changes to food choice**

First access: Saturday, 9 July 2011, 11:43 AM (8 h 34 m)

Last access: Saturday, 9 July 2011, 11:43 AM (8 h 34 m)

##### **Report:**

- Using resources to achieve changes to food choice
- ■ ✓ Using resources to achieve changes to food choice
  - ■ **Status:** completed
  - ■ **Total Time:** 00:00:01
  - ✓ Knowledge
  - ■ **Status:** completed
  - ■ **Total Time:** 00:00:01
  - ✓ Skill
  - ■ **Status:** completed
  - ■ **Total Time:** 00:00:01
  - ✓ Economic situation
  - ■ **Status:** completed
  - ■ **Total Time:** 00:00:01
  - ✓ Time
  - ■ **Status:** completed
  - ■ **Total Time:** 00:00:01

#### **Diploma-in-General-Health: Human development**

First access: Saturday, 9 July 2011, 11:44 AM (8 h 34 m)

Last access: Saturday, 9 July 2011, 11:44 AM (8 h 34 m)

##### **Report:**

- Human development
- ■ ✓ What is Development?
  - ■ **Status:** completed
  - ■ **Total Time:** 00:00:02

- ✓ Interrelationship of different aspects of development
- ■ **Status:** completed  
■ **Total Time:** 00:00:03
- ✓ Measuring development
- ■ **Status:** completed  
■ **Total Time:** 00:00:08
- ✓ Measuring physical growth
- ■ **Status:** completed  
■ **Total Time:** 00:00:08
- ✓ Summary of development across the lifespan
- ■ **Status:** completed  
■ **Total Time:** 00:00:08
- ✓ Features of Development
- ■ **Status:** completed  
■ **Total Time:** 00:00:08

#### 📁 Diploma-in-General-Health: **Environmental and inherited factors affecting health**

First access: Saturday, 9 July 2011, 11:44 AM (8 h 33 m)

Last access: Saturday, 9 July 2011, 11:45 AM (8 h 33 m)

##### Report:

- Environmental and inherited factors affecting health
- ■ ✓ Environmental and inherited factors affecting development and health
  - ■ **Status:** completed  
■ **Total Time:** 00:00:01
  - ✓ Inherited Characteristics
  - ■ **Status:** completed  
■ **Total Time:** 00:00:03
  - ✓ Impact of Gender
  - ■ **Status:** completed  
■ **Total Time:** 00:00:02
  - ✓ Environmental Factors
  - ■ **Status:** completed  
■ **Total Time:** 00:00:04
  - ✓ Socio-economic Factors
  - ■ **Status:** completed  
■ **Total Time:** 00:00:01
  - ✓ Nutrition
  - ■ **Status:** completed  
■ **Total Time:** 00:00:03
  - ✓ Health
  - ■ **Status:** completed  
■ **Total Time:** 00:00:03
  - ✓ Exercise
  - ■ **Status:** completed  
■ **Total Time:** 00:00:07
  - ✓ Motivation
  - ■ **Status:** completed  
■ **Total Time:** 00:00:09

#### 📁 Diploma-in-General-Health: **Family and community resources**

First access: Saturday, 9 July 2011, 11:46 AM (8 h 32 m)

Last access: Saturday, 9 July 2011, 11:46 AM (8 h 32 m)

##### Report:

- Family and community resources
- ■ ✓ Family Resources
  - ■ **Status:** completed  
■ **Total Time:** 00:00:05
  - ✓ Using Family and Community Resources

- ■ **Status:** completed  
■ ■ **Total Time:** 00:00:05
- ✓ Human Resources
- ■ **Status:** completed  
■ ■ **Total Time:** 00:00:08
- ✓ Community Resources
- ■ **Status:** completed  
■ ■ **Total Time:** 00:00:08
- ✓ Combining Resources
- ■ **Status:** completed  
■ ■ **Total Time:** 00:00:09

#### 📁 Diploma-in-General-Health: **Global health**

First access: Saturday, 9 July 2011, 11:46 AM (8 h 31 m)

Last access: Saturday, 9 July 2011, 11:47 AM (8 h 31 m)

##### Report:

- Global health
- ■ ✓ global health
  - ■ **Status:** completed  
■ ■ **Total Time:** 00:00:01
  - ✓ Global health - health in infancy
  - ■ **Status:** completed  
■ ■ **Total Time:** 00:00:06
  - ✓ Global health - health in childhood
  - ■ **Status:** completed  
■ ■ **Total Time:** 00:00:08
  - ✓ Global health: oral rehydration therapy
  - ■ **Status:** completed  
■ ■ **Total Time:** 00:00:04
  - ✓ Health in adolescence: education
  - ■ **Status:** completed  
■ ■ **Total Time:** 00:00:01
  - ✓ Health 21: health for all in the 21st century
  - ■ **Status:** completed  
■ ■ **Total Time:** 00:00:01
  - ✓ Global health: rural mortality rates
  - ■ **Status:** completed  
■ ■ **Total Time:** 00:00:06
  - ✓ Breastfeeding
  - ■ **Status:** completed  
■ ■ **Total Time:** 00:00:01
  - ✓ Global health: promoting breastfeeding
  - ■ **Status:** completed  
■ ■ **Total Time:** 00:00:06

#### 📁 Diploma-in-General-Health: **Women's health**

First access: Saturday, 9 July 2011, 11:47 AM (8 h 30 m)

Last access: Saturday, 9 July 2011, 11:47 AM (8 h 30 m)

##### Report:

- Women's health
- ■ ✓ Global health: health care in women
  - ■ **Status:** completed  
■ ■ **Total Time:** 00:00:02
  - ✓ Global health: pregnancy
  - ■ **Status:** completed  
■ ■ **Total Time:** 00:00:02
  - ✓ Global health: health in old age

- ■ **Status:** completed
- ■ **Total Time:** 00:00:02
- ✓ Women's Health Programs
- ■ **Status:** completed
- ■ **Total Time:** 00:00:03

#### 📁 **Diploma-in-General-Health: HIV and AIDS - Part 1**

First access: Saturday, 9 July 2011, 11:48 AM (8 h 30 m)

Last access: Saturday, 9 July 2011, 11:48 AM (8 h 30 m)

##### **Report:**

- HIV and AIDS
- ■ ✓ HIV/AIDS
  - ■ **Status:** completed
  - ■ **Total Time:** 00:00:02
  - ✓ AIDS Education, Prevention and Care Project
  - ■ **Status:** completed
  - ■ **Total Time:** 00:00:03

#### 📁 **Diploma-in-General-Health: HIV and AIDS - Part 2**

First access: Saturday, 9 July 2011, 11:54 AM (8 h 23 m)

Last access: Saturday, 9 July 2011, 12:04 PM (8 h 13 m)

##### **Report:**

- HIV
- ■ ✓ Topic1
  - ■ **Status:** completed
  - ■ **Total Time:** 00:01:32
  - ✓ Question 1-1
  - ■ **Status:** completed
  - ■ **Score:** 100% (PASSED)
  - ■ **Total Time:** 00:01:05
  - ✓ Question 1-2
  - ■ **Status:** completed
  - ■ **Score:** 100% (PASSED)
  - ■ **Total Time:** 00:01:10
  - ✓ Topic2
  - ■ **Status:** completed
  - ■ **Total Time:** 00:01:23
  - ✓ Question 2-1
  - ■ **Status:** completed
  - ■ **Score:** 100% (PASSED)
  - ■ **Total Time:** 00:00:46
  - ✓ Question 2-2
  - ■ **Status:** completed
  - ■ **Score:** 100% (PASSED)
  - ■ **Total Time:** 00:00:47
  - ✓ Question 2-3
  - ■ **Status:** completed
  - ■ **Score:** 100% (PASSED)
  - ■ **Total Time:** 00:00:59
  - ✓ Topic3
  - ■ **Status:** completed
  - ■ **Total Time:** 00:00:42
  - ✓ Question 3-1
  - ■ **Status:** completed
  - ■ **Score:** 100% (PASSED)
  - ■ **Total Time:** 00:00:38
  - ✓ Question 3-2
  - ■ **Status:** completed
  - ■ **Score:** 100% (PASSED)

- **Total Time:** 00:00:52
- ✓ Topic4
- **Status:** completed
- **Total Time:** 00:01:40
- ✓ Question 4-1
- **Status:** completed
- **Score:** 100% (PASSED)
- **Total Time:** 00:00:47
- ✓ Question 4-2
- **Status:** completed
- **Score:** 100% (PASSED)
- **Total Time:** 00:00:58
- ✓ Question 4-3
- **Status:** completed
- **Score:** 100% (PASSED)
- **Total Time:** 00:02:19
- ✓ Topic5
- **Status:** completed
- **Total Time:** 00:01:09
- ✓ Question 5
- **Status:** completed
- **Score:** 100% (PASSED)
- **Total Time:** 00:00:32
- ✓ Topic6
- **Status:** completed
- **Total Time:** 00:00:58
- ✓ Question 6
- **Status:** completed
- **Score:** 100% (PASSED)
- **Total Time:** 00:02:45
- ✓ Topic7
- **Status:** completed
- **Total Time:** 00:00:23
- ✓ Question 7
- **Status:** completed
- **Score:** 100% (PASSED)
- **Total Time:** 00:00:28
- ✓ Topic8
- **Status:** completed
- **Total Time:** 00:02:09
- ✓ Question 8-1
- **Status:** completed
- **Score:** 100% (PASSED)
- **Total Time:** 00:02:25
- ✓ Question 8-2
- **Status:** completed
- **Score:** 100% (PASSED)
- **Total Time:** 00:00:39
- ✓ Question 8-3
- **Status:** completed
- **Score:** 100% (PASSED)
- **Total Time:** 00:00:31
- ✓ Topic9
- **Status:** completed
- **Total Time:** 00:00:55
- ✓ Question 9
- **Status:** completed
- **Score:** 100% (PASSED)
- **Total Time:** 00:02:22
- ✓ Topic10
- **Status:** completed
- **Total Time:** 00:00:29
- ✓ Question 10
- **Status:** completed
- **Score:** 100% (PASSED)
- **Total Time:** 00:02:46
- ✓ Topic11

- ■ **Status:** completed
- ■ **Total Time:** 00:00:46
- ✓ Question 11-1
- ■ **Status:** completed
- ■ **Score:** 100% (PASSED)
- ■ **Total Time:** 00:01:50
- ✓ Question 11-2
- ■ **Status:** completed
- ■ **Score:** 100% (PASSED)
- ■ **Total Time:** 00:00:17
- ✓ Topic12
- ■ **Status:** completed
- ■ **Total Time:** 00:00:41
- ✓ Question 12
- ■ **Status:** completed
- ■ **Score:** 100% (PASSED)
- ■ **Total Time:** 00:01:16

### 📁 Diploma-in-General-Health: **Assessment**

First access: Saturday, 23 April 2011, 04:05 PM (77 days 4 h)

Last access: Saturday, 23 April 2011, 04:05 PM (77 days 4 h)

#### Report:

- Diploma in Health Studies Assessment
- ■ ✓ Diploma in Health Studies Assessment
  - ■ **Status:** passed
  - ■ **Score:** 95% (PASSED)
  - ■ **Total Time:** 00:31:21

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