



**Department of Health Science
San Jose State University
Distance Learning Program – MPH**

Technical Requirements

PREREQUISITE: Basic computer skills including good familiarity with Word Processing, Excel spreadsheets, developing PowerPoint presentations, using web browsers to search the internet, and reliable and consistent internet access (see section below) are required. Students will use the Elluminate instructional platform, for live on-line instruction and the Blackboard web-based platform to access and upload assignments.

Internet access

You will need **reliable and consistent Internet access** (through an email account you check frequently) for background research, homework assignments, and class communications. Since we will use both WebCT/Blackboard and Elluminate! throughout the program, you will be expected to need to have near daily access for class documents, communication, announcements, and group projects. When visiting the campus, you will have access to the SJSU wireless network, but it will require you to sign up for a SJSU wireless account. We will help you with the sign-up.

SJSU Distance Technology Requirements

PC

- 2 GHz Pentium IV or higher with Windows XP and service pack 2 or Vista
- 512 MB RAM or more
- USB 2.0 ports recommended
- CD/DVD or CDRW player & recommend at least 40GB hard drive.
- Sound cards, speakers (internal or external ok)
- DSL or high speed access recommended
- A 1 – 2 GB memory stick is recommended for group projects, backing up work, and for when you travel to SJSU.

Mac

- 1 GHz G3, G4, G5 or Intel processor or better with Mac OS X 10.2.8 or later
- 256 MB Ram
- CD/DVD or CDRW player & recommend at least 40GB hard drive.
- Sound cards, speakers (internal or external ok)
- DSL or high speed access recommended
- A 1 – 2 GB memory stick is recommended for group projects, backing up work, and for when you travel to SJSU.



Laptops: Since this a year-round, fast-paced distance program, we **strongly recommend** that you purchase a laptop to access the live class sessions and complete your class work from wherever you may be. Even if you are traveling, you are expected to attend the weekly Elluminate sessions. There are some excellent Windows and Mac laptops on the market in the \$600 - \$1200 range that can more than adequately support your distance learning. We can provide you with recommendations for laptop purchases.

A word to Mac Users:

In some cases faculty members may incorporate software and technology based strategies that may not be compatible the Mac operating system. We recommend that Mac users be prepared to respond to this when the time comes. Newer Macs come preinstalled with a program called Boot Camp, which allows you to run Windows on your Mac as if it was a PC. Others options exist if you would prefer to run both operating systems (Mac & PC), such as VM Fusion or Parellels for Desktop. See your local Apple or visit www.mac.com for more details.



Audio requirements: Built-in or laptop microphones should not be used for online verbal communication, due to poor sound quality and echo. Low cost USB headsets with microphones from Logitech¹ or Plantronics² are highly recommended (Internal, USB or iSight-for Mac users). USB head sets are available on line from many merchants such as Amazon and Circuit City. External stand alone microphones can also be used, if accompanied by computer speakers for sound.

Printer/Fax/Scanner: A black and white laser printer is recommended over a color ink jet or color laser, as the latter are very expensive to use across time due to the high cost, and low yield, of ink jet cartridges. We have found that in some cases faculty prefer you to submit finished work in PDF format. We recommend that you purchase an inexpensive scanner or at least have access to a scanner that can convert your work to PDF format. This will be especially useful in courses where hand calculations are required.



Webcams: We do not use webcams, as part of our instruction. Therefore, webcams (cameras) are optional. Elluminate does provide for use of webcams to view participants, but it is not a technology we use. If interested, webcams by Logitech³, Microsoft⁴, and Creative⁵ are fairly inexpensive. In addition, most come with a headset with microphone, but they may not be USB headsets.

Software

¹ http://www.logitech.com/index.cfm/webcam_communications/internet_headsets_phones/&cl=us,en

² http://www.plantronics.com/north_america/en_US/products/cat640035

³ http://www.logitech.com/index.cfm/webcam_communications/webcams/&cl=us,en

⁴ <http://www.microsoft.com/hardware/digitalcommunication/Productlist.aspx?type=LifeCam>

⁵ <http://www.creative.com/products/product.asp?category=218&subcategory=219&product=10412>



MS Office 2003 (including Word, Excel, & PowerPoint) at a minimum should be used, but MS Office 2007 recommended. * *If you plan to use a more recent version or MS Office , you may be asked to save your documents in the older version (.doc) as not all faculty or technology yet can read .docx, etc. files.* You can also download add-in programs that will allow Office 2003 users to convert MS Office 2008/Vista documents. A system compatible virus protection software **is required**, in order to limit the possibility of exchanging computer viruses.

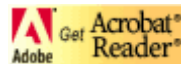
Additional software may be requested by individual instructors, very much the same way a text book may be incorporated into a traditional course. Your instructor will inform you prior to the beginning of the course if any additional software is needed and provide you with links and resources to purchase them.

Freeware

Internet Browser: Internet Explorer 5.0 or higher or Netscape Navigator 4.0 or higher (PC), Firefox (PC/Mac), Safari (Mac) [**AOL browser is not acceptable**] *Which ever browser is used, it must be Java enabled.*



PDF Viewer: Adobe's Acrobat Reader allows for the viewing and printing of Adobe PDF documents, which are commonly used for forms and other important documents



Sound & Media Players: allows for viewing of flash movies, streaming movies and listening to music files over the Internet



Backing up Files: It is **highly** recommended that students backup their files on at least a weekly basis, if not daily. **You will need to maintain computer files of all of your MPH work, as you will be asked to develop an electronic portfolio of your work, as you progress through the program.** You can purchase low priced backup software or, if you use Windows XP Professional or Vista, you can use the Microsoft backup utility that comes with the software. Windows XP Home Edition users can add the backup utility from the Windows CD (see link for more backup information⁶). The ideal setup is using your backup software to backup files to an external hard drive. Generally, backup software can be programmed to automatically backup your files at a specific time. If necessary, you can do manual backups onto a CDRW, DVD/RW, or a flash drive with at least 2GB of storage.

⁶ <http://www.microsoft.com/protect/yourself/data/backup.mspx>



Support: The MPH program will provide students with support for technology related questions, problems, and concerns through the University and its own staff. Specific information on your contact for support will be provided to you by August 1st, 2009. Meanwhile, you can email him any questions you may have on your computer needs in relation to getting ready for the program and subsequently for any technology questions you may have related to BlackBoard or Elluminate to Dr. Perales.

“There might be new technology, but technological progress itself was nothing new - and over the years it had not destroyed jobs, but created them.”
- Margaret Thatcher

This document was prepared by Frank Strona and Dan Perales