

Welcome to UFV **Exercise and Air Pollution**, running online starting, **Sept 1 through to December 30**. This course will be *asynchronous and can be completed in your own time*. All course material will be available as of Sept 1st. *For course information, please consult the UFV Exercise and Air Pollution program page.*

Before you start your course, please ensure you have access to your [myUFV](#) student account and [Myclass](#).

Accessing Course Material

To access the course material, you can log in through either [Myclass](#) or [myUFV](#), both links can also be found on the top right hand side of the [ufv.ca](#) website. If you log in through myUFV, look for the Myclass link under the UFV resources section.

- Log into [Myclass](#)
 - This provides access to your UFV student email where instructors and UFV will correspond with you.
 - Use the same **student number** and **password** you created to login to [myUFV](#) (see the email from admissions for your UFV student number).
 - First time users use the [myUFV Login Assistant](#), or to reset your password follow the instructions on the [UFV ITS website](#).
 - Please refer to the [Information Technology Services](#) website for any issues with your PIN/Password.
- Login to [Myclass](#) which provides direct access to the course material.
 - Use your **UFV student email and password** to log in (your password is the same as your myUFV password).
 - Once logged in, click on “Courses” (on the left-hand side). Click on the course (HLTH-EXPO-ON1) to see the course material and get started.

Connect to Eduroam Wi-Fi

- As a current UFV student, you can connect to UFV’s wireless network (Wi-Fi) using the eduroam (education roaming) services.

MS Office 365:

UFV students have access to Microsoft 365 (M365) including familiar productivity and collaboration tools such as Exchange Online, OneDrive, MS Teams, and Online Productivity Suite applications.

- [Resources & FAQ](#)
- [Microsoft Office Quick start guide](#)
- [How to sign in to Office on the Web](#)

Here are some other useful links:

- Student Quick Start Guide (different to the Office quick start guide above): <https://itservicedesk.ufv.ca/TDClient/52/ITServicesPortal/KB/ArticleDet?ID=980>

- How to Login to Blackboard/ myClass to access Online Courses? - <https://itservicesdesk.ufv.ca/TDClient/52/ITServicesPortal/KB/ArticleDet?ID=510>
- Student Tutorials on Blackboard/ myClass - <https://www.ufv.ca/myclass/student-centre/student-tutorials/>
- If you need to recover your password please refer to the following [UFV ITS website](#).
- Please refer to the [Information Technology Services](#) website for any other technology related issues.

If you have any issues accessing the material, please feel free to contact me.