



**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). It is recommended that you have a 1 – 2 GB memory stick available for your group projects, backing up work, and for when you travel to SJSU.

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 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, or 56K dial up modem (minimum)

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, or 56K dial up modem (minimum)

Laptops: If you are shopping for a computer, you may want to consider buying a Windows or Mac based laptop, as this will give you accessibility to the MPH online content when you travel. This is important since the MPH program is year-round. There are some excellent laptops on the market in the \$1,000 range that can more than adequately support your distance education.



Audio requirements: Built-in or laptop microphones should not be used for online verbal communication, due to poor sound quality. 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: 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.



Webcams: Webcams (cameras) are optional. Elluminate does provide for use of webcams to view participants, but it is not an essential technology. 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

MS Office 2000 (including Word, Excel, & PowerPoint) minimum, but MS Office 2003 recommended.

A system compatible virus protection software **is required**, in order to limit the possibility of exchanging computer viruses.

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



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>



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.

Support: The MPH program will provide students with support for technology related questions, problems, and concerns through the University and its own staff. The staff support will answer 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 WebCT or Elluminate.

“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, MPH and Dr. Dan Perales

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