**HEALTH EDUCATION 1**

**UNIT OUTLINES**

**MTWTH 6:30pm – 7:50pm**

**Summer 2009**

**UNIT 1 Wellness, Stress, and Psychological Health**

Chapters 1, 2, 3 **Exam:** Wed. June 24

Lecture Dates: June 15-June 23

**UNIT 2 Nutrition, Weight Management, and Fitness**

Chapters 9, 10, 11 **Exam:** Thur. July 2

Lecture Dates: June25 – July 1

**UNIT 3 Alcohol & Tobacco**

Chapters 8 **Exam:** Thur. July 9

Lecture Dates: July 6-July 8

**UNIT 4 Drugs**

Chapters 7 **Exam:** Thur. July 16

Lecture Dates: July 13-15

**UNIT 5 Reproduction & Contraception**

Chapters 5, 6 **Exam:** Tue. July 28

Lecture Dates: July 20 – July 27

**UNIT 6 Diseases**

Chapters 13 **Exam:** Tue. Aug 4

Lecture Dates: July 29- Aug. 4

**FINAL**

**REVIEW** Wednesday, August 5th

**FINAL** Thursday, August. 6th @ 6:30 PM