HEALTH EDUCATION I 55040

UNIT OUTLINES

Fall 2011 RM: SOC 32

UNIT I Wellness, Stress, and Psychological Health

Chapters 1, 2, 3 Exam: Thurs. Sept 1

Lecture dates: Aug. 16- 30th

5 lectures

UNIT 2 Nutrition, Weight Management, and Fitness

Chapters 9, 10, 11 Exam: Thurs. Sept 22

Lecture dates: Sept 6-20

5 Lectures

UNIT 3 Alcohol and Tobacco

Chapter 8 Exam: Thurs. Oct. 13

Lecture/Video dates: Sept 27-Oct 11

Video: Sex, lies, and alcohol

5 Lectures

UNIT 4 Drugs

Chapter 7 Exam: Thurs. Nov 3

Lecture dates: Oct 18-Nov 1

Video- History of Drugs, Substance in Question

5 Lectures

UNIT 5 Reproduction and Contraception

Chapters 5, 6 Exam: Tues. Nov 22

Video Dates: Nov 8-17

Video: Miracles of Life

4 Lectures

THANKSGIVING HOLIDAYS Nov 25,26

UNIT 6 Diseases

Chapter 13 Exam: Thurs. Dec 8

Lectures Dates/Video: Nov 29-Dec 6th

Video: A Race between the microbes

3 Lectures

FINAL TBA – Lecture/Test dates subject to change without notice.

Final Week: Dec 12-16

FINAL: Tues. Dec 13th 9-10:50