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