HEALTH EDUCATION I 55042

UNIT OUTLINES

Fall 2011 RM: CCI 203

UNIT I Wellness, Stress, and Psychological Health

Chapters 1, 2, 3 Exam: Fri Sept 2

Lecture dates: Aug 15-31

8 lectures

UNIT 2 Nutrition, Weight Management, and Fitness

Chapters 9, 10, 11 Exam: Fri Sept 23

Lecture dates: Sept 7-21

7 Lectures

NO class Sept 5 Labor day

UNIT 3 Alcohol and Tobacco

Chapter 8 Exam: Fri Oct 14

Lecture/Video dates: Sept 26- Oct 12

Video: Sex, lies, and alcohol

8 Lectures

UNIT 4 Drugs

Chapter 7 Exam: Fri Nov 4

Lecture dates: Oct 17- Nov 2.

Video- History of Drugs, cocaine snow storm in the jungle.

Psychoactive drugs.

8 Lectures

UNIT 5 Reproduction and Contraception

Chapters 5, 6 Exam: Fri Wed Nov 23

Lecture/Video Dates: Nov 7- 21

Video: Miracles of Life

6 Lectures

THANKSGIVING HOLIDAYS Nov 25,26

UNIT 6 Diseases

Chapter 13 Exam: . Fri Dec 9

Lectures Dates/Video: Nov 28-Dec 7

Video: A Race between the microbes

5 Lectures

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

Final Week: Dec 12-16, 2011

FINAL: Mon. Wed 14th 10- 11:50