HEALTH EDUCATION I 55011

UNIT OUTLINES

Spring 2013 RM: SOC 32

UNIT I Wellness, Stress, and Psychological Health

Chapters 1, 2, 3 Exam: Thurs. Jan 24

Lecture dates: Jan 8-Jan 22

5 Lectures

\*\*No class Jan 21th MLK Holiday.

UNIT 2 Nutrition, Weight Management, and Fitness

Chapters 9, 10, 11 Exam: Thurs. Feb 14

Lecture dates: Jan 29-Feb 12

5 Lectures

\*\*No class Feb. 15 Lincoln day

UNIT 3 Alcohol and Tobacco

Chapter 8 Exam: Thurs. Mar 7

Lecture/Video dates: Feb 19-Mar 5

Video: Sex, lies, and alcohol

5 Lectures

\*\*No class Feb. 18 Washington day

UNIT 4 Drugs

Chapter 7 Exam: Thurs. Mar 21

Lecture dates: Mar 12-Mar 19

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

Psychoactive drugs.

3 Lectures

\*\*Spring Break April 25-29

UNIT 5 Reproduction and Contraception

Chapters 5, 6 Exam: Thurs. Apr 18

Lecture/Video Dates: Apr 2-Apr 16

Video: Miracles of Life

5 Lectures

UNIT 6 Diseases

Chapter 13 Exam: Thurs. May 9

Lectures Dates/Video: Apr 23-May 7

Video: A Race between the microbes

5 Lectures

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

Final Week: May 13-17

FINAL: Tuesday, May 14; 9-10:50