HEALTH EDUCATION I T/TH

UNIT OUTLINES

Fall 2014 RM: PHS 343

UNIT I Wellness, Stress, and Psychological Health

Chapters 1, 2, 3 Exam: Thursday Aug. 28th

Lecture dates: Aug. 12-26, 2014

5 Lectures

\*\*No class September 1, 2014 Labor Day Holiday.

UNIT 2 Nutrition, Weight Management, and Fitness

Chapters 9, 10, 11 Exam: Thursday Sept. 18th

Lecture dates: Sept. 2-16, 2014

5 Lectures

UNIT 3 Alcohol and Tobacco

Chapter 8 Exam: Thursday 0ct. 9th

Lecture/Video dates: Sept. 23nd– Oct. 7th

Video: Sex, lies, and alcohol

5 Lectures

UNIT 4 Drugs

Chapter 7 Exam: Thursday Oct. 30st

Lecture dates: Oct. 14th-28th

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

Psychoactive drugs.

5 Lectures

UNIT 5 Reproduction and Contraception

Chapters 5, 6 Exam: Tuesday Nov. 20th

Lecture/Video Dates: Nov. 4rd-18th

Video: Miracles of Life

5 Lectures (unit 6 notes also)

\*\*Nov. 27-28 Thanksgiving Holidays

UNIT 6 Diseases

Chapter 13 Exam: Thursday, Dec. 4th

Lectures Dates/Video: Nov. 25th-2nd

Video: A Race between the microbes

2 Lectures

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

Final Week: December 8-12th , 2014

FINAL: Dec11. 11-12:50pm