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