HEALTH EDUCATION I MWF 50234

UNIT OUTLINES

Fall 2013 RM: CCI 203

UNIT I Wellness, Stress, and Psychological Health

 Chapters 1, 2, 3 Exam: Friday Aug. 30th

 Lecture dates: Aug. 12-28, 2013

 8 Lectures

 \*\*No class September 2, 2013 Labor Day Holiday.

 UNIT 2 Nutrition, Weight Management, and Fitness

 Chapters 9, 10, 11 Exam: Friday Sept. 20th

 Lecture dates: Sept. 4-18, 2013

 8 Lectures

 UNIT 3 Alcohol and Tobacco

 Chapter 8 Exam: Friday 0ct. 11th

 Lecture/Video dates: Sept. 23rd– Oct. 9th

 Video: Sex, lies, and alcohol

 8 Lectures

 UNIT 4 Drugs

 Chapter 7 Exam: Friday Nov. 1st

 Lecture dates: Oct. 14th-30th

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

 Psychoactive drugs.

 8 Lectures

UNIT 5 Reproduction and Contraception

 Chapters 5, 6 Exam: Wednesday Nov. 27th

 Lecture/Video Dates: Nov. 4th-25th

 Video: Miracles of Life

 10 Lectures (unit 6 notes also)

 \*\*Nov. 28-29 Thanksgiving Holidays

 UNIT 6 Diseases

 Chapter 13 Exam: Friday, Dec. 6th

 Lectures Dates/Video: Dec. 2nd-4th

 Video: A Race between the microbes

 2 Lectures

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

 Final Week: December 9-13, 2013

 FINAL: Wednesday, December 11, 10-11:50