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