HEALTH EDUCATION I 55012

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; 11-12:50