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