HEALTH EDUCATION I M/W/F

9-9:50am Course # 52166

UNIT OUTLINES

Spring 2018 RM: Soc 32

UNIT I Wellness, Stress, and Psychological Health

Chapters 1, 2, 3 Exam: 1/26 FRI

Lecture dates: 1/8 - 24

7 Lectures

\*\*No class Jan 15th MLK Holiday. MONDAY

UNIT 2 Nutrition, Weight Management, and Fitness

Chapters 9, 10, 11 Exam: 2/14 WED

Lecture dates: 1/29 - 2/12

7 Lectures

\*\*No class Feb 16(Fri) Lincoln Day & Feb. 19(Mon) Washington day.

UNIT 3 Alcohol and Tobacco

Chapter 8 Exam: 3/9 FRI

Lecture dates: 2/21 - 3/7

7 Lectures

UNIT 4 Drugs

Chapter 7 Exam: 3/23 FRI

Lecture dates: 3/12 - 21

5 Lectures

SPRING BREAK 3/26-29 good Friday 3/30

UNIT 5 Reproduction and Contraception

Chapters 5, 6 Exam: 4/20FRI

Lecture Dates: 4/3 - 26TH

8 Lectures

UNIT 6 Diseases

Chapter 13 Exam: 5/11 FRI

Lectures Dates: 4/23- 5/9

8 Lectures

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

Final Week: May 14-18th

FINAL: WED MAY 16th 9-10:50 TBA