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