

# HEALTH EDUCATION I M/W/F

10-10:50am

Course # 52170

## UNIT OUTLINES

Spring 2018

RM: Soc 32

**UNIT 1**      **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: 3/9FRI**  
**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**

**UNIT 5**      **Reproduction and Contraception**  
**Chapters 5, 6**      **Exam: 4/20 FRI**  
**Lecture Dates: 4/2 - 18TH**  
**8 Lectures**

**UNIT 6**      **Diseases**  
**Chapter 13**      **Exam: 5/11FRI**  
**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 14<sup>th</sup> 10-11:50 TBA**