Outline

1. Introduction
   Behavior contract/organize
   20 minute walk

2. Taking Charge of Your Health(1)
   Behavioral Contract due
   20 minute circuit training

3. Stress(2),
   20 Minute walk(pre and post pulse & distance)

4. Psychological Health(3)
   20 minute Progressive Resistive Exercise

5. Relationships and Communications (4)
   Take Home Test # 1 chapters 1-3 Due
   20 Minute Free weights

6. Sexuality(5),
   Movie
   20 Minute walk-Intervals(pre and post pulse & Distance

7. Contraception (6)
   Immunity and Infection(13)
   20 Minute stretching

8. Drugs(7),
   *Take home test #2 chapters4 5,6,13 Due
   20 Minute walk(pre and post pulse & distance)

9. Alcohol and Tobacco(8)
   20 Minute walk(pre and post pulse &distance

10. Nutrition (9)
    20 Minute walk(pre and post pulse & distance

11. Exercise (10) Quiz
    20 Minute walk(pre and post pulse & distance

12. Weight Management (11)
    20 minute walk(pre and post pulse & distance

13. Cardiovascular Disease(12)
    *Take home test #3 chapters 8,9,10,11,12
    20 Minute walk(pre and post pulse & distance

14. Aging(14) Health Care(15)
    20 Minute walk(pre and post pulse & distance

15. Guest Speaker( Death and Dying)

16. Personal Safety(16), Environmental Health(17)
    20 minutes weight room
    *Take home test # 4 chapters 14,15,16,17
    Journal Due,
    Behavior Contract Overview Due

17. Final (5/18/06)

No Cell phone use during class or picture taking during class
Please let instructor know if you are having any problems in class.
Please come to class ready to be on the floor. Dress appropriately
Please understand the emergency protocol on the wall.
Course Reference: Core Concepts in Health-Brief 10th edition

Course Objectives:
1. To understand the process to achieve health and wellness.
2. To develop a wellness plan.
3. To give students information that can help them have better control of their lives.
4. To understand different health behaviors and habits in different cultures.

Requirements:

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1. **Presentations**: 15 minute presentation on related topic. You must have a typed written outline for everyone in class at the time of presentations. You can bring in an expert guest speaker as part of your presentation. I need a list of resources for all presentations even guest speakers. You will make up 5 question test for your chapter. You must use Power Point for your presentation.

2. **Test**: 4 take Home multiple choice true and false test (50 points each) and one final essay

3. **Contract for change**: You must choose something you want to change during this class and then fill a contract for change.

4. **Behavior Contract Overview**: You must write a 1 page overview of your behavior contract.
   - Was I successful?
   - What was good about it
   - What was bad about
   - What could I do different

5. **Journal**: Each day you will write in our journal about your behavior contract. We will write in the beginning of class about our daily topic
   - What did I do today to help my behavior change
   - What did I do today to hinder my behavior change
   - How did I feel about my actions

6. **20 minute walk/exercise**: We will begin each class with a 20 minute walk or run. You will take a beginning and end pulse each day and you will record your distance each day. These will be recorded in your journal. You must meet one new student during your walk and record information in your journal.

7. **Participation**: This is a short class we go over a lot of information in class. I expect people to come to class and participate in all discussions.