Outline

1. Introduction

2. Behavior contract/organize and select groups 20 minute walk

3. Taking Charge of Your Health(1) 20 minute walk run

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

5. Psychological Health(3) 20 Minute walk(pre and post pulse & distance)

6. Weight Management (11) Cardiovascular Disease(12) 20 Minute walk(pre and post pulse & distance
*Take home test # 1 due (chapter1-3) Oct 1

7. Relationships and Communications (4) 20 Minute walk(pre and post pulse & distance)

8. Sexuality(5), 20 Minute walk(pre and post pulse & distance

9. Contraception (6) 20 Minute walk(pre and post pulse & distance

10. Drugs(7), 20 Minute walk(pre and post pulse & distance
*Take home test #2 due (ch 4-6,11,12) Oct 29

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

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

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

14. Aging(14) Health Care(15) 20 Minute walk(pre and post pulse & distance
Personal Safety(16), Environmental Health(17)
*Take home test # 3 due (7—10,13-17) Dec. 10

15. Final 20 Minute walk(pre and post pulse & distance)
Introduction:

Course Reference: Core Concepts in Health-Brief 9th 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.

1. Presentations: 45-60 minute group presentation on assigned chapter topic. You must have a written typed outline for everyone in class at the time of presentations. You can bring in an expert quest speaker as part of your presentation. I need a list of resources for all presentations even guest speakers. You will present the chapter and at least one related area not covered in the chapter. You will make up a 5 question test for your chapter.

2. Test: 3 take home multiple choice test 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. 20 minute walk: 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 you 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.

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.

6. Fitness Journal: Record our 20 minute walk info. And new student information.

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.

8. Quizzes: There will several quizzes given during the semester. They will be on the previous days lecture or on a guest speaker. There are no makeup quizzes.