

## Health Education 1510

Instructor: Tony Thompson

Email: [tthompson@taft.org](mailto:tthompson@taft.org)

Office: Counseling Center

Phone: 661-763-7740

TEXT: Access to Health, Donatelle, 10<sup>th</sup> Edition

<u>Dates</u>	<u>You should be covering:</u>	<u>Chapter</u>
Aug. 24-28	Promoting Healthy Behavior Change, Psychosocial Health: Being Mentally, Emotionally, Socially, and Spiritually Well	1,2
Aug. 31-Sep.4	Managing Stress: Coping with Life's Challenges, Violence and Abuse: Creating Healthy Environments	3,4
Sept. 8-11	Healthy Relationships: Communicating Effectively with Friends, Family, and Significant Others, <b>2 Projects Due Friday, Sept. 11<sup>th</sup>. Assess Yourself Questionnaire &amp; Behavior Change Contract</b>	5
<b>Sept. 14</b>	<b>EXAM 1, Chapters 1-5, Monday</b>	
Sept. 15-19	Sexuality: Choices in Sexual Behavior, Reproductive Choices: Making Responsible Decisions	6,7
<b>Sept. 21</b>	<b>Start your 7-day Food Journal Project—it is due October 2<sup>nd</sup>.</b>	
Sept. 21-25	Nutrition: Eating for Optimal Health, Managing Your Weight: Finding a Healthy Balance	8,9
Sept. 28-Oct. 2	Personal Fitness: Improving Health through Exercise	10
<b>Oct. 2</b>	<b>Food Journal Project is due!!</b>	
<b>Oct. 5</b>	<b>EXAM 2, Chapters 6-10</b>	
Oct. 5-9	Addictions and Addictive Behavior: Threats to Wellness, Drinking Responsibly: A Lifestyle Challenge on Campus	11&12
Oct. 13-17	Tobacco and Caffeine: Daily Pleasures, Daily Challenges	13
Oct. 20-24	Illicit Drugs: Use, Misuse, and Abuse	14
Oct. 27-31	Cardiovascular Disease	15
<b>Nov. 2</b>	<b>EXAM 3, Chapters 11-15</b>	
Nov. 2-6	Cancer: Reducing Your Risk	16
Nov. 10-13	Infectious Diseases and Sexually Transmitted Infections: Risks and Responsibilities	17
<b>Nov. 20</b>	<b>FAMILY HEALTH TREE PROJECT IS DUE FRIDAY!!</b>	
Nov. 16-20	Noninfectious Conditions: The Modern Maladies, Healthy Aging: A Lifelong Process	18&19
Nov. 23-25	Dying and Death: The Final Transition	20
Nov 30-Dec. 4	Environmental Health: Thinking Globally, Acting Locally	21
<b>December 10</b>	<b>FINAL EXAM ON THURSDAY, Chapters 16,17,18,19,20,21</b>	

<u>Exams</u>	<u>Grading Scale</u>
<b>Sept. 14 (100 pts.)</b>	<b>588-676 = A</b>
<b>Oct. 5 (100 pts.)</b>	<b>520-587 = B</b>
<b>Nov. 2 (100 pts.)</b>	<b>452-519 = C</b>
<b>Dec. 10 (126 pts.)</b>	<b>385-451 = D</b>
	<b>0-384 = F</b>

### Projects

<u>Assess Yourself Questionnaire</u>	50pts	<b>Due September 11<sup>th</sup></b>
<u>Behavior Change Contract</u>	50pts	<b>Due September 11th</b>
<u>Food Journal</u>	50pts	<b>Due October 2nd</b>
<u>Family Health Tree</u>	100pts	<b>Due on November 20th</b>