# HEALTH EDUCATION 10-08

## SUMMER 2008

**Instructor: Tony Thompson**
**Email: tthompson@taft.org**
**Office: Counseling Center**
**Phone: 661-763-7740**

**TEXT: Access to Health, Donatelle, 10th Edition**

| ***Dates:** | **You should be covering:** | **Chapter(s)** |
|---|---|---|
| **NOTE: EXAMS ARE TO BE TAKEN ON THE DATE LISTED** | | |
| June 16-19 | Promoting Health Behavior Change, Psychosocial Health: Being Mentally, Emotionally, Socially, and Spiritually Well | 1,2 |
| **June 23** | **Two Projects Due! Assess Yourself Questionnaire, Behavior Change Contract** | |
| June 23-26 | Managing Stress: Coping with Life's Challenges, Violence and Abuse: Creating Healthy Environments, Healthy Relationships: Communicating Effectively with Friends, Family, and Significant Others | 3,4,5 |
| June 30-Jul. 2 | **EXAM 1—MONDAY, Chapters 1-5,** then, Sexuality: Choices in Sexual Behavior | 6 |
| **July 3** | **Have a safe 4th of July!** | |
| July 7-10 | Reproductive Choices: Making Responsible Decisions, Nutrition: Eating for Optimum Health, **Begin your 7-day Food Journal!** | 7,8 |
| July 14-17 | Managing Your Weight: Finding a Healthy Balance, Personal Fitness: Improving Health through Exercise | 9,10 |
| **July 17** | **EXAM 2 on THURSDAY, Chapters 6-10** | |
| **July 21** | **Food Journal Project Due!!** | |
| July 21-24 | Addictions and Addictive Behavior: Threats to Wellness, Drinking Responsibly: A Lifestyle Challenge on Campus | 11,12 |
| July 28-31 | Illicit Drugs: Use, Misuse, and Abuse, Cardiovascular Disease: Reducing Your Risk | 14,15 |
| **July 31** | **Family Health Tree Project is due!** | |
| Aug. 4-7 | Cancer: Reducing Your Risk | 16 |
| **Aug. 7** | **FINAL EXAM, Chapters 11,12,14,15,16 (SKIP 13!)** | |

---

**Exams**
**June 30**
**July 17**
**Aug. 7**

**Grading Scale**
**484-550 = A**
**429-483 = B**
**374-428 = C**
**319-373 = D**
**0-318 = F**

**Projects**

**Assess Yourself Questionnaire** **50 pts. Due June 23**
**Behavior Change Contract** **50 pts. Due June 23**
**Food Journal** **50 pts. Due July 21**
**Family Health Tree** **100 pts. Due Jul**