HEALTH EDUCATION 1510

SUMMER 2009

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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 8-12	Promoting Health Behavior Change, Psychosocial Health: Being Mentally, Emotionally, Socially, and Spiritually Well	1, 2
June 15	**Two Projects Due! Assess Yourself Questionnaire, Behavior Change Contract**	
June 15-19	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 22	**EXAM 1—MONDAY, Chapters 1-5,** then, Sexuality: Choices in	6
June 22-26	Sexual Behavior	
June 29-Jul 3	**Begin your 7 day Food Journal Monday,** Reproductive Choices: Making Responsible Decisions, Nutrition: Eating for Optimum Health	7, 8
July 6-10	Managing Your Weight: Finding a Healthy Balance, Personal Fitness: Improving Health through Exercise	9, 10
July 9	**Food Journal Project is due!!**	
July 13	**EXAM 2 on MONDAY, Chapters 6-10**	
July 13-17	Addictions and Addictive Behavior: Threats to Wellness, Drinking Responsibly: A Lifestyle Challenge on Campus	11,12
July 20-24	Illicit Drugs: Use, Misuse, and Abuse, Cardiovascular Disease: Reducing Your Risk	14,15
July 23	**Family Health Tree Project is due!**	
July 27-30	Cancer: Reducing Your Risk	16
July 30	**FINAL EXAM, Chapters 11,12,14,15,16 (SKIP 13!)**	

Exams
June 22
July 13
July 30

Grading Scale
479-550 = A
424-478 = B
369-423 = C
314-368 = D
0-313 = F

Projects

Assess Yourself Questionnaire **50 pts. Due June 15**
Behavior Change Contract **50 pts. Due June 15**
Food Journal **50 pts. Due July 9**
Family Health Tree **100 pts. Due July 23**