

KHP 2200 Health Concepts Fall 2011

Monday 1:00 p.m.

Week 1 08/22/2011	Introduction/Syllabus
Week 2 8/29/2011 A #1	Chapter 1: Wellness and Fitness for Life Assignment: Page 137 has suggested reading. Choose one of these and write at least a ½ page summary of the article. Tell me your personal view of the information. Due next week at the beginning of class.
Week 3 9/05/2011	LABOR DAY – No class
Week 4 9/12/2011	Chapter 2: Preventing Cardiovascular Disease Chapter 3: Increasing Cardio respiratory endurance
Week 5 9/19/2011 A #2	Chapter 4-5: Muscular Strength/Flexibility/Review Assignment: Possible quiz on muscles from page 125. Be able to locate the following: Sternocleidomastoid, Deltoid, Pectoralis major, Biceps brachii, Trapezius, Deltoid, Latissimus dorsi, Gluteus maximus, Gastrocnemius, soleus.
Week 6 9/26/2011	Exam I – Chapters 1-5
Week 7 10/03/2011 A #3	Chapter 6: Nutrition - Assignment #3: Choose a fruit, vegetable, drink, etc. and present the following: Is this product good for you? How many calories per serving? Fat? Sodium? How does it contribute to your health? All interesting facts. Presented in class as well as hand in a written fact sheet. Not just copied from the computer.
Week 8 10/10/2011	Nutrition/ Presentation Assignment #3 To be presented in class this date
Week 9 10/17/2011	Chapter 7-8: Body Composition

Week 10 10/24/2011	Exam II (Chapters 6-8)
Week 11 10/31/2011	Chapter 9: Coping with and Managing Stress
Week 12 11/07/2011 A #4	<p>ALL ASSIGNMENTS NEED TO BE TYPED</p> <p>Chapter 12: STDs/</p> <p><i>Assignment #4 due:</i> Make a table of the following STD's and answer these questions. How is it contracted? Symptoms? Treatment? Is it bacterial or viral? Opinion question? Do you feel the contraction of an STD/and or possible pregnancy is a deferring factor for college students. Why/ why not? Explain.</p> <p>HIV/ AIDS, Herpes, Genital warts, Chlamydia, Gonorrhea, Syphilis</p>
Week 13 11/14/2011	Chapter 11: Taking Responsibility for Drugs Chapter 13: Understanding Cancer and Diabetes
Week 14 11/21- 11/27 A #5	BREAK
Week 15 11/28/2011	Review for final exam <i>Assignment #5 due:</i> Choose a health issue that you are interested in a find an article with information concerning this issue. Write a short (1/2 – 1 page) summary. Give your personal interests. Document where you found the article. Make sure it is a reputable article and not someone's opinion.
Week 16 12/05/2011	Final Exam (Chapters 9,11, 12, 13)