

Schedule

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WEEK	READING, TESTS, & QUIZZES	INTERNET ASSIGNMENTS
Week 1	Chapter 1: Accessing Your Health Take Chapter 1 Quiz TEST 1: CHAPTER 1	#1: Getting Acquainted See Module for due dates
Week 2	Chapter 2: Promoting and Preserving Psychosocial Health Take Chapter 2 Quiz TEST 2: CHAPTER 2	#2: How Healthy Are You? #3: Depression See Module for Due Date
Week 3	Chapter 3: Managing and Coping With Stress Take Chapter 3 Quiz TEST 3: CHAPTER 3	#4: Stress Management Practice January 24th- Final date to drop course without penalty
Week 4	Chapter 4: Preventing Violence and Injury Take Chapter 4	Getting Acquainted Assign. 11:59pm

Quiz

TEST 4:
CHAPTER 4

Chapter 5:
Healthy
Relationships and
Sexuality
Take Chapter 5
Quiz

Week 5

TEST 5:
CHAPTER 5

Chapter 6: Your
Reproductive
Choices
Take Chapter 6

TEST 6:
CHAPTER 6

Chapter 7:
Avoiding
Addiction and
Drug Abuse
Take Chapter 7
Quiz

Week 6

TEST 7:
CHAPTER 7

Chapter 8:
Alcohol and
Tobacco
Take Chapter 8
Quiz

Week 7

TEST 8:
CHAPTER 8

#5: Nutrition and Weight Management

**See Modules for due date...by 11:59
p.m. - Deadline for Tests Ch. 1 -
9, Quizzes Ch. 1 - 9,
and Assignments #1 - #4**

Chapter 9:Eating
for a Healthier
You
Take Chapter 9
Quiz

Week 8

TEST 9:
CHAPTER 9

Week 9

Chapter 10:

Reaching and
Maintaining a
Healthy Weight
Take Chapter 10
Quiz

TEST 10:
CHAPTER 10

Chapter 11:
Personal Fitness
Take Chapter 11
Quiz

TEST 11:
CHAPTER 11

Week 10

Chapter 12:
Cardiovascular
Disease and
Cancer
Take Chapter 12
Quiz

#7: Preventing & Fighting Disease

TEST 12:
CHAPTER 12

Week 11

Chapter 13:
Infectious and
Noninfectious
Diseases
Take Chapter 13
Quiz

#8: Infectious & Noninfectious
Conditions

TEST 13:
CHAPTER 13

Week 12

Chapter 14:
Aging, Death, and
Dying
Take Chapter 14
Quiz

#9: Life's Transitions - Aging Process

TEST 14:
CHAPTER 14

Week 13

#10: Environmental Health

Chapter 15:
Environmental

Health
Take Chapter 15
Quiz
TEST 15
CHAPTER 15

Week 14

Chapter 16:
Making Smart
Health Care
Choices
Take Chapter 16
Quiz
TEST 16:
CHAPTER 16

Week 15

Final Exam - **Final Exam, See Module for Due**
available April 27- **Dates!**
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