**HNES 111, Wellness**

Fall 2014(T/Th 2:00p – 3:15p)

\*\*\*Below you will find the schedule. Please note, this schedule is tentative and subject to change. Any changes will be announced in class and/or via email and will supersede this tentative schedule.

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| **Weeks 1 - 4** | **DATE** | **Topic & Lecture Focus** | **DUE: READING and/or**  **Assignment** |
| **T** | **8/26** | **Welcome / Intro to Class** |  |
| **Th** | **8/28** | **What is Wellness?**  **What is health?** | Chapter 1 |
|  |  |  |  |
| **T** | **9/2** | **State of Well-being: Emotional, Mental health** | Chapter 2  **DUE: Pre-eval Quiz** |
| **Th** | **9/4** | **State of Well-being: Emotional, Mental Health, Spirituality** | Chapter 3 |
|  |  |  |  |
| **T** | **9/9** | **State of Well-being: Stress Management & Mindfullness** | Chapter 4  Reading: Mindfullness |
| **Th** | **9/11** | **State of Well-being: Stress, Sleep & Time Managment** | **DUE: Quiz 1**  Reading: Time Management & Stress |
|  |  |  |  |
| **T** | ***9/16*** | **Review for Exam 1** | **DUE: Lab #1** |
| **Th** | **9/18** | **Exam 1** |  |
| **Weeks 5 - 9** |  |  |  |
| **T** | **9/23** | **Lifestyle Health: Nutrition** | Chapter 6 |
| **Th** | **9/25** | **Lifestyle Health: Nutrition** | Chapter 6  Reading: GMO Foods |
|  |  |  |  |
| **T** | **9/30** | **Lifestyle Health: Physical Activity & Fitness** | Chapter 8  **DUE: Lab #2** |
| **Th** | **10/2** | **Lifestyle Management: Body Weight & Composition** | Chapter 7  **DUE: Quiz 2** |
|  |  |  |  |
| **T** | **10/7** | **Body Image & Eating Disorders** | **VIDEO** |
| **Th** | **10/9** | **Body Image & Eating Disorders** | **VIDEO (cont.)** |
|  |  |  |  |
| **T** | **10/14** | **Review For Exam 2** | **DUE: Lab #3** |
| **Th** | **10/16** | **Exam 2** |  |
| **Weeks 9 - 13** |  |  |  |
| **T** | **10/21** | **Social Health: Social Selfies & Relationships** | Chapter 5 |
| **Th** | **10/23** | **Social Health: Sexuality & Reproductive Choices** | Chapter 9 & 10  **DUE: Quiz 3** |
|  |  |  |  |
| **T** | **10/28** | **Social Health: Reproductive & Infectious Diseases** | Chapter 11 & 16 |
| **Th** | **10/30** | **PsychoSocial Health: Addiction** | Chapter 12 |
|  |  |  |  |
| **T** | **11/4** | **PsychoSocial Health: Addiction** | **DUE: Lab #4** |
| **Th** | **11/6** | **PsychoSocial Health: Substance Use and Abuse (Tobacco/Other)** | Chapter 13 & 14  **DUE: Quiz 4** |
|  |  |  |  |
| **T** | **11/11** | **NO CLASS: VETERANS DAY HOLIDAY** | **NO CLASS** |
| **Th** | **11/13** | **Responsible Health: Consumer & Worker Safety** | Chapter 17 & 18 |
|  |  |  |  |
| **T** | **11/18** | **Review Exam 3** |  |
| **Th** | **11/20** | **Exam 3** |  |
| **Weeks 14 – 16** |  |  |  |
| **T** | **11/25** | **Health & Disease: Obesity Diabetes & Metabolic Disease** | Chapter 15  Reading: Obesity epidemic  **DUE: Extra Credit Project** |
| **Th** | **11/27** | **NO CLASS:THANKSGIVING HOLIDAY** | **NO CLASS** |
|  |  |  |  |
| **T** | **12/2** | **Health and Disease: CVD & Cancer** | **DUE: Wellness In Action Project**  Chapter 15 |
| **Th** | **12/4** | **Responsible Health: Financial Wellness** | **DUE: Quiz 5** |
|  |  |  |  |
| **T** | **12/9** | **Making it Stick: Health across the lifespan** | **DUE: Lab #5**  Chapter 20  **Dead Week** |
| **Th** | **12/11** | **Review For Final Exam** | **Dead Week** |
|  |  |  |  |
| **FINALS WEEK (Week 17)** | | | |
| **Tuesday** | **12/16** | **Final Exam 10:30am – 12:30pm** | **Set An Alarm, Set 3 Alarms!** |