

Healthful Living 110

Fall 2017

Office hrs.: Tues. & Thurs.: 11:50-1:20
3:00-4:00



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<https://modesto.instructure.com/login/canvas>

❖ Course Agenda – *Lecture Classes* ❖

Week of 28 August-1 September: Course introduction and review of chapter one: Assessing Your Health, pp. 1-24, **Homework:** Take the 'How Healthy Are You?' assessment on pp. 20-22, and turn in results on a 5x8 card next week on Thursday, 7 September.

Read for next week: read chapter two, pp. 37-59, special section on Cultivating Your Spiritual Health, pp. 60-70, and special section on Improving Your Financial Health, pp. 25-36.

Week of 4-8 September: *Monday, 4 September is Labour Day holiday*

Review chapter two: Promoting and Preserving Your Psychosocial Health, pp. 37-59, special section on Cultivating Your Spiritual Health, pp. 60-70, and special section on Improving Your Financial Health, pp. 25-36.

Read for next week: chapter three: 71-97, and the special section on Improving Your Sleep 98-109.

Week of 11-15 September: Review chapter three on Managing Stress and Coping with Life's Challenges, pp. 71-97, and special section on Improving Your Sleep, pp. 98-109.

Read for next week: jump ahead to chapter nine: pp. 262-291, and first part of chapter ten on Reaching and Maintaining a Healthy Weight, pp. 292-316.

Sunday, 10 Sept. by 8:00pm is the last day to add, or drop a class to receive a refund for semester length classes

Week of 18-22 September: Review chapter nine on Eating for a Healthier You, pp. 262-291 and chapter ten on Reaching and Maintaining a Healthy Weight, pp. 292-316.

Read for next week: chapter ten: pp. 292-316 and the special section on Enhancing Your Body Image, pp. 317-328.

Week of 25-29 September: No Class - Out of class assignments: 1) prepare food label evaluation, 2) work on mid-term study guide

Read for next week: Review chapter 10 special section on Enhancing Your Body Image, pp. 317-328 and chapter eleven on Improving Your Personal Fitness, pp. 329-349.

Week of 2-6 October: Review chapter 10 special section on Enhancing Your Body Image, pp. 317-328 and chapter eleven on Improving Your Personal Fitness, pp. 329-349.

Read for next week: chapter four: pp. 110-133, and complete mid-term exam study guide

Week of 9-13 October: *Take mid-term exam on Tuesday, 10 October*

Thursday: Review chapter four on Preventing Violence and Injury, pp. 110-133.

Read of next week: chapter five: pp. 134-170.

Homework: Create a Health Research Project one page proposal (*refer to handout*)

Week of 16-20 October: Review chapter five on Building Healthy Relationships and Understanding Sexuality, pp. 134-170.

Read for next week: chapter six: pp. 171-202.

Turn-in Health Research Project 1 page proposal no later than Thursday 19 October.

Week of 23-27 October: Review chapter six Considering Your Reproductive Choices, pp. 171-202.

Read for next week: chapters seven and eight: pp. 203-230 and 231-261.

continued on reverse...

Week of 30 October - 3 November: Review chapter seven on Recognizing and Avoiding Addictions and Drug Abuse, pp. 203-230, and chapter eight on Drinking Alcohol Responsibly and Ending Tobacco Use Including Caffeine, pp. 231-261.

Read for next week: chapter twelve: pp. 354-385, and the special section on Minimizing Your Risk for Diabetes, pp. 386-396.

Week of 6-10 November: *Friday, 10 November is Veteran's Day Holiday*

Review chapters twelve Reducing Your Risk of Cardiovascular Disease and Cancer, pp. 354-385, and the special section on Minimizing Your Risk for Diabetes, pp. 386-396.

Read for next week: chapter thirteen: pp. 397-427, and special section on Reducing Risk and Coping with Chronic Diseases and Conditions, pp. 428-437.

Health Research Projects due no later than Thursday, 9 November at 4:30pm. Turn hard copies into Dr. Shrock, and text portion of project uploaded to the turnitin function on <https://modesto.instructure.com/login/canvas>

Week of 13-17 November: Review chapter thirteen Protecting Against Infectious and Non-Infectious Diseases, pp. 397-427, and special section on Reducing Risk and Coping with Chronic Diseases and Conditions, pp. 424-437.

Read for next week: chapter fourteen: pp. 438-455.

Thursday, 16 November at 8:00pm is the last day to drop semester length classes

Week of 20-24 November: *Thursday-Saturday, 23-26 November: Thanksgiving Holiday*

Review chapter fourteen on Preparing for Aging, Death, and Dying, pp. 438-455

Week of 27- November – 1 December – no class: Out of class assignments: Complete family health history card in addition to beginning final exam study guide

Read for next week: chapter fifteen: 456-475 and sixteen: pp. 476-493, special section on CAM: pp. 494-503.

Week of 4-8 December: Review chapters fifteen on Promoting Environmental Health, 456-475, and chapter sixteen on Making Smart Health Care Choices, pp. 476-493, with special section on Understanding Complementary and Alternative Medicines, pp. 494-503; and review final exam study guide.

Homework for next week: study for final examination.

Week of 11-15 December:

The MHE-110 final exam will only be given on **Tuesday, 12 December in regular class room:**

- **Tuesday/Thursday 8:30-9:50am class (Sierra 132):** from 7:30-9:50am
- **Tuesday/Thursday 10:05-11:30am class (Sierra 132):** from 10:00am-12:50pm
- **Tuesday/Thursday 1:15-2:40pm class (Sierra 132):** from 1:00-3:50pm

You may take your final in any of the above classes, though Tuesday, 12 Dec. is the only day!

The final is a closed note and book test. You will be allowed two hand-written 8.5 x 11 double-sided pieces of paper as a study guide.

Monday, 8 January, 2018: first day of Spring 2018 semester