

Healthful Living 110

Fall 2018

Office hrs.: Tues. & Thurs.: 11:50-1:30

3:00-3:50



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

❖ Course Agenda – *Lecture Classes* ❖

Week of 27 August - 2 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, 6 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 3 - 9 September: *Monday, 3 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 10 - 16 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.

Sunday, 9 Sept. by 5:00pm is the last day to add, or drop a class to receive a refund for semester length classes

Week of 17 - 23 September: Review chapter nine on Eating for a Healthier You, pp. 262-291.

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

Week of 24 - 30 September: Review chapter 10 Reaching and Maintaining a Healthy Weight, pp. 292-316, and special section on Enhancing Your Body Image, pp. 317-328.

Read for next week: Chapter eleven on Improving Your Personal Fitness, pp. 329-349.

Week of 1 - 7 October: 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 8 - 14 October: *Take mid-term exam on Tuesday, 9 October*

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

Read of next week: Chapter five on Building Healthy Relationships and Understanding Sexuality: pp. 134-170.

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

Week of 15 - 21 October: Review chapter five on Building Healthy Relationships and Understanding Sexuality, pp. 134-170.

Read for next week: chapter six: Considering Your Reproductive Choices, pp. 171-202.

Turn-in Health Research Project 1 page proposal no later than Tuesday, 16 October.

Week of 22 - 28 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 29 October - 4 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 5 - 11 November:

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, 8 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 12 - 18 November: *Monday, 12 November is Veteran's Day Holiday*

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, 15 November at 5:00pm is the last day to drop semester length classes

Week of 19 - 25 November: *Thursday-Saturday, 22-24 November: Thanksgiving Holiday*

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

Week of 26 - November – 2 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 3 - 9 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 10 - 14 December:

The MHE-110 final exam will only be given on **Tuesday, 11 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, 11 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, 14 January, 2018: first day of Spring 2019 semester