

Healthful Living 110

Fall 2019

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

3:00-3:50



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grades and project submission:

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

❖ Course Agenda – *Lecture Classes* ❖

Week of 26 August-1 September: Course introduction and review of chapter one: Assessing Your Health, with focus on: Difference, Disparity and Health: Achieving Health Equity. pp. 1-37,

Homework: Take the 'How Healthy Are You?' assessment on pp. 20-22, and turn in results on a 5x8 card next week on Thursday, 5 September.

Read for next week: read chapter two, pp. 38-60, with focus on Cultivating Your Spiritual Health, pp. 61-71

Week of 2-8 September: *Monday, 2 September is Labour Day holiday*

Review chapter two: Promoting and Preserving Your Psychosocial Health, pp. 38-60, with focus on Cultivating Your Spiritual Health, pp. 61-71

Read for next week: chapter three: 72-98, and chapter four: Improving Your Sleep 99-117.

Sunday, 8 Sept. by 5:00pm is the last day to add, or drop a class to receive a refund for semester length classes

Week of 9-15 September: Review chapter three on Managing Stress and Coping with Life's Challenges, pp. 72-98, and chapter four: Improving Your Sleep, pp. 99-117.

Read for next week: jump ahead to chapter ten: pp. 270-299.

Week of 16-22 September: Review chapter ten Nutrition: Eating for a Healthier You, pp. 270-299.

Read for next week: chapter eleven: pp. 300-324, and the special section on Enhancing Your Body Image, pp. 325-336.

Week of 23-29 September: Review chapter eleven: Reaching and Maintaining a Healthy Weight: pp. 300-324, and the special section on Enhancing Your Body Image, pp. 325-336.

Read for next week: Review chapter twelve on Improving Your Personal Fitness, pp. 337-362.

Week of 30 Sept-6 October: Review chapter twelve on Improving Your Personal Fitness, pp. 337-362.

Read for next week: chapter five: pp. 118-141, and complete mid-term exam study guide

Week of 7-13 October: *Take mid-term exam on Tuesday, 8 October*

Thursday: Review chapter five on Preventing Violence and Injury, pp. 118-141.

Read of next week: chapter six: pp. 142-177.

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

Week of 14-20 October: Review chapter six on Connecting and Communicating in a Modern World, with Focus on Understanding Your Sexuality, pp. 142-177.

Read for next week: chapter seven: pp. 178-208.

Turn-in Health Research Project one-page proposal no later than Tuesday, 15 October.

Week of 21-27 October: Review chapter seven Considering Your Reproductive Choices, pp. 178-208.

Read for next week: chapters eight and nine: pp. 209-237 and 238-269.

continued on reverse...

Week of 28 October - 3 November: Review chapter eight on Recognizing and Avoiding Addictions and Drug Abuse, pp. 209-237, and chapter nine on Drinking Alcohol Responsibly and Ending Tobacco Use Including Caffeine, pp. 238-269.

Read for next week: Jump ahead to chapter thirteen: pp. 363-394, and the special section on Minimizing Your Risk for Diabetes, pp. 395-406.

Week of 4-10 November:

Review chapters thirteen Reducing Your Risk of Cardiovascular Disease and Cancer, pp. 363-394, and the special section on Minimizing Your Risk for Diabetes, pp. 395-406.

Read for next week: chapter fourteen: pp. 407-438, and special section on Reducing Risk and Coping with Chronic Diseases and Conditions, pp. 439-449.

Health Research Projects due no later than Thursday, 7 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 11-17 November: *Monday, 11 November is Veterans Day holiday*

Review chapter fourteen Protecting Against Infectious Diseases and Sexually Transmitted Infections, pp. 407-438, and special section on Reducing Risk and Coping with Chronic Diseases and Conditions, pp. 439-449.

Read for next week: chapter Fifteen: pp. 450-467, with focus on Understanding Complimentary and Integrative Health, pp. 468-477.

Thursday, 14 November at 5:00pm is the last day to drop semester length classes

Week of 18-24 November:

Review chapter Fifteen: pp. 450-467, with focus on Understanding Complimentary and Integrative Health, pp. 468-477.

Read for next week: chapter fifteen Focus on Aging, Death, and Dying, pp. 478-491

Week of 25- November –1 December: *Thursday-Saturday, 28-29 November: Thanksgiving Holiday*

Review chapter fifteen Focus on Aging, Death, and Dying, pp. 478-491.

Out of class assignment: Complete family health history card

Read for next week: chapter Sixteen: Promoting Environmental Health, pp. 492-508.

Week of 3-9 December: *No class on Thursday, 5 December*

Review chapter Sixteen: Promoting Environmental Health, pp. 492-508, plus review final exam study guide.

Turn-in family health card on Tuesday, 3 December

Homework for next week: study for final examination

Week of 9-14 December:

The MHE-110 final exam will only be given on **Tuesday, 10 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, 10 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, 13 January, 2020: first day of Spring 2020 semester