

Healthful Living 110 Spring 2019

Office hrs.: Tues. & Thurs.: 10:20-11:45am
3:00-3:50pm



Dr. Dave Shrock, FRGS

office: John Muir Hall 157-I

telephone-voicemail: 575-6337

e-mail: shrockd@yosemite.edu

class info: <http://shrockd.faculty.mjc.edu>

grades and project submission:

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

❖ Course Agenda – *Lecture Classes* ❖

Week of 14-20 January: 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, 24 January.

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 21-27 January: *Monday, 21 January celebrates Martin Luther King's Birthday - no school*

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.

Sunday, 27 January 5:00pm is the last day to add, or drop a class to receive a refund for a semester length classes

Week of 28 Jan-3 Feb: 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.

Week of 4-10 February: Review chapter nine on Eating for a Healthier You, pp. 262-291.

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

Week of 11-17 February: *Friday, 15 February, and Monday, 18 February are President's Day Holiday - no school*

Review chapter ten on 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: pp. 329-349.

Week of 18-24 February: Review chapter eleven on Improving Your Personal Fitness, pp. 329-349.

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

Week of 25 Feb-3 March: *Take mid-term exam on Tuesday, 26 February*

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 4-10 March: 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 1page proposal no later than Thursday, 7 March

Week of 11-17 March: 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 18-24 March: 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 25 -31 March:

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.

Week of 1 -7 April: 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.

Week of 8-14 April: Review chapter fourteen on Preparing for Aging, Death, and Dying, pp. 438-455,

Read for next week: chapter fifteen: 456-475.

Monday, 8 April at 5:00pm is the last opportunity to drop semester length classes

Health Research Projects due no later than Thursday, 11 April 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 15-21 April: Review chapter fifteen on Promoting Environmental Health, 456-475.

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

Week of 22-28 April: Review chapters 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 29 April-4 May:

The MHE-110 final exam will be given on **the following days in your regular class room:**

- **Tuesday/Thursday 8:45-10:10am class (Sierra 137):** Tuesday, 30 April from 7:30-9:50am
- **Tuesday/Thursday 10:20-11:45am class (Science 115):** Thursday, 2 May from 10:00am-12:50pm
- **Tuesday/Thursday 1:30-2:55pm class (Muir 160):** Tuesday, 30 April from 1:00-3:50pm

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, 26 August, 2019: first day of fall 2019 Semester