

**PCH 201 Section 2 Fall 2017 class**  
**Section 2 Presentations**

<b>Date</b>	<b>TOPICS</b>	<b>Chapter member</b>	<b>Student</b>
	<b>C10 Exercise for Health &amp; Fitness (October 24, 2017)</b>		
<b>10/24/2017 (1)</b>	Benefits of Exercise (249-252); “Planning a Personal Exercise Program” (269)	1	Thomas O’G
<b>10/24/2017 (2)</b>	What is Physical Fitness? (252-255) “Making Time for Physical Activity” (255)	2	Terrell P
<b>10/24/2017 (3)</b>	Designing Your Exercise Program (255-262)	3	Nigel G
<b>10/24/2017 (4)</b>	Getting Started and Staying on Track (262-266)	4	Jay D
<b>10/24/2017 (5)</b>	(Color sections) “Move More, Sit Less (256) “Determining Target Heart Rate Range” (259); “What to Wear” (255); “Care of Common Exercise Injuries and Discomforts” (265)	5	Brittany P
	<b>C11 Weight Management (October 26, 2017)</b>		
<b>10/26/2017 (6)</b>	Evaluating Body Weight and Body Composition (270-274)	1	Matt M
<b>10/26/2017 (7)</b>	Body Fat and Wellness (274-277) Factors Contributing to Excess Body Fat (277-281)	2	Melena R
<b>10/26/2017 (8)</b>	Adopting a Healthy Lifestyle for Successful Weight Management; (281-282); Approaches to Overcoming Weight Problem (282-287); “Are All Calories and Dietary Patterns Equal for Weight Loss?” (284-285)	3	Rahat M
<b>10/26/2017 (9)</b>	Body Image and Eating Disorders (287-290); “The Freshman 15: Fact or Myth?” (280)	4	Alex R
	<b>C14 Environmental Health (November 16, 2017)</b>		
<b>11/16/2017 (10)</b>	Environmental Health Defined; Population Growth & Control; Environmental Impacts of Energy Use and Production (363-366)	1	Tyler N
<b>11/16/2017 (11)</b>	Air Quality & Pollution (367-370); “High-Efficiency Lighting” (370)	2	Dylan M

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<b>11/16/2017 (12)</b>	Water Quality & Pollution (371); Solid Waste Pollution (371-373)	3	Paul D
<b>11/16/2017 (13)</b>	Chemical Pollution and Hazardous Waste (373-375), Radiation Pollution (375--377)	4	Liz H
<b>11/16/2017 (14)</b>	Noise Pollution (375-376); "Poverty, Gender and Environmental Health" (374); "Endocrine Disruption: A "New" Toxic Threat (376)	5	David R
<b>C15 Conventional &amp; Complementary Medicine (11/21/2016)</b>			
<b>11/21/2017 (15)</b>	Self-care (380-382); Professional Care (363); OTC drug labels (382)	1	Isaiah M
<b>11/21/2017 (16)</b>	Conventional Medicine: Premises and Assumptions; Pharmaceuticals and the Placebo Effect; Providers of Conventional Medicine (384-387)	2	Julio R
<b>11/21/2017 (17)</b>	Conventional Medicine: Choosing a Primary Care Physician, Choosing a Specialist; Getting the Most of Your Medical Care (387-391)	3	Briana O
<b>11/21/2017 (18)</b>	"Evaluating Health News" (386); "Creating Your Own Medical Record" (389); "Commonly Used Herbals, Their Uses, Evidence for Effectiveness and Contraindications" (394)	4	Jean U
<b>11/21/2017 (19)</b>	Integrative Health: Alternative Medical Systems; Mind-body Medicine; Natural Products; Manipulative and Body-Based Practices (391-394)	5	Joe B
<b>11/21/2017 (20)</b>	Integrative Health: Other CAM practices; When Does CAM become Conventional Medicine?; Evaluating complementary & alternative therapies (362-364)	6	Bailey S
<b>11/21/2017 (21)</b>	Paying for Health Care (397-400); "Choosing a Health Insurance Plan (399)	7	Nick N
<b>C16 Personal Safety (11/28/2017)</b>			
<b>11/28/2017 (22)</b>	Introduction, Unintentional Injuries: What Causes Injury?; Home Injuries (403-407)	1	Hannah B
<b>11/28/2017 (23)</b>	Motor Vehicle Injuries; Leisure Injuries (407-411)	2	Noelle P

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<b>11/28/2017 (24)</b>	Weather-Related Injuries; Work Injuries (412-413); “Repetitive Strain Injury” (413); “Head Injuries in Contact Sports” (411)	3	Tori M
<b>11/28/2017 (25)</b>	Violence and Intentional Injuries: Factors; Assault, Homicide; Gang-related Violence (413-415)	4	Michael C
<b>11/28/2017 (26)</b>	Violence and Intentional Injuries: Hate Crimes, School Violence, Workplace Violence, Terrorism (415-416)	5	Z’hane E
<b>11/28/2017 (27)</b>	Violence and Intentional Injuries: Family and Intimate-Partner Violence (416-419); “Recognizing the Potential for Abusiveness in a Partner” (418)	6	Joseph M
<b>11/28/2017 (28)</b>	Violence and Intentional Injuries: Sexual Violence (419-422); What You Can Do About Violence (422); Preventing Date Rape (421)	7	Alex A
<b>11/28/2017 (29)</b>	Providing Emergency Care (422-423); “Injuries among Young Men” (405); “Cell Phones and Distracted Driving” (408); “Staying Safe on Campus (423)	8	Germaine E-W
<b>C17 The Challenge of Aging (11/30/2017)</b>			
<b>11/30/2017 (30)</b>	Generating Vitality as you age (427-430)	1	Rachel G
<b>11/30/2017 (31)</b>	Dealing with Changes in Aging (430-433) Planning for Death (438-441)	2	Katarina V
<b>11/30/2017 (32)</b>	Life in Aging America (433-435) What is Death (436-438)	3	Korey C
<b>11/30/2017 (33)</b>	Coping with Imminent Death (441-443); Coping with Loss (443-444); Coming to Terms with Death (445)	4	Ryheem C
<b>11/30/2017 (34)</b>	“Can Exercise Delay Effects of Aging?” (429); “Why Do Women Live Longer?” (434); “A Consumer Guide to Funerals” (442); “Surviving the Violent Death of a Loved One” (445)	5	Bancroft N