

Fall 2019 PCH 201 Wellness Sign-up Sheet

Due Date	HD #	Health Diary Print your name	HL #	Health Literacy Print your name	FS #	Fact Sheet Print your name below topic
9/3/2019		-----		-----		-----
9/5/2019		-----		-----		-----
9/10/2019		Syllabus Quiz Due		-----		-----
9/12/2019		-----		-----		-----
9/12/2019		-----		-----		-----
9/17/2109	1		1		1	Neonatal Abstinence Syndrome
9/17/2019	2		2		2	Gestational Diabetes
9/19/2019	3		3		3	Multiple Chemical Sensitivity
9/19/2019	4		4		4	Indoor Tanning
9/24/2019	5		5			-----
9/24/2019	6		6			-----
9/26/2019	7		7		5	Gene/Genome Editing
9/26/2019	8		8		6	Fragrance Allergies
10/1/2019	9		9		7	Electronic Cigarettes
10/1/2019	10		10		8	Chewing Tobacco
10/3/2019	11		11		9	Drugged Driving
10/3/2019	12		12		10	Non-alcoholic Fatty Liver Disease

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10/8/2019	13		13		11	Spice (Synthetic marijuana)
10/8/2019	14		14		12	Adderall
10/10/2019	15		15		13	College Binge Drinking
10/10/2019	16		16		14	Alcohol Use Disorder
10/15/2019	17		17		15	Fentanyl
10/15/2019	18		18		16	Trans Fatty Acids
10/17/2019	19		19		17	ADHD
10/17/2019	20		20		18	GMOs
10/22/2019	21		21		19	High Fructose Corn Syrup
10/22/2019	22		22		20	Phthalates
10/24/2019	23		23		21	Acrylamide
10/24/2019	24		24		22	Bisphenol A
10/29/2019	25		25			-----
10/29/2019	26		26			-----
10/31/2019	27		27		23	Broken Heart Syndrome

Fall 2019 PCH 201 Wellness Sign-up Sheet

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10/31/2019	28		28		24	Stroke and Young People
11/5/2019	29		29		25	Electromagnetic Radiation
11/5/2019	30		30		26	Drug-resistant Gonorrhea
11/7/2019	31		31		27	Endocrine Disruptors
11/7/2019	32		32		28	Shingles
11/12/2019	33		33		29	Fracking
11/12/2019	34		34		30	Hepatitis B
11/12/2019	35		35			
11/14/2019		-----		-----	31	Antibiotic Resistance
11/14/2019		-----		-----	32	Type 2 Diabetes
11/19/2019		-----		-----	33	Diacetyl
11/19/2019		-----		-----	34	PFAS
11/19/2019		-----		-----	35	Parabens
11/21/2019		-----		-----		-----
11/26/2019		LAST DAY for submissions		Everything has to be in today		

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#4 Presentation Portfolio Project

Date	TOPICS	Chapter member	PRINT YOUR NAME
	Chapter 11 Exercise for Health and Fitness (October 22, 2019)		@@@@@@@@@@@@@@
10/22/2019 -1	Benefits of Exercise (257-260)	1	
10/22/2018 -2	What is Physical Fitness? (260-261) “Making Time for Physical Activity (Blue)” (262) Components of an Active Lifestyle (261-262)	2	
10/22/2019 -3	Designing Your Exercise Program (263-270)	3	
10/22/2019 -4	Getting Started and Staying on Track (270-274)	4	
10/22/2019 -5	(Color sections) “Move More, Sit Less” (263) Figures 11.3, 11.4 (264) “Determining Target Heart Rate Range” (266) “What to Wear” (271); “Care of Common Exercise Injuries and Discomforts” (273)	5	

Fall 2019 PCH 201 Wellness Sign-up Sheet

C12 Weight Management (October 24, 2019)			@@@@@@@@@@@@@@
10/24/2019 -6	Evaluating Body Weight and Body Composition (279-282)	1	
10/24/2018 -7	Body Fat and Wellness (283-285) Factors Contributing to Excess Body Fat (285-288)	2	
10/24/2019 -8	Adopting a Healthy Lifestyle for Successful Weight Management; (288-291) Approaches to Overcoming Weight Problem (291-295); “Are All Calories and Dietary Patterns Equal for Weight Loss?” (Green) (292-293)	3	
10/24/2019 -9	Body Image and Eating Disorders (295-298); “The Freshman 15: Fact or Myth?” (Orange) (289)	4	

C15 Environmental Health (November 14, 2019)			@@@@@@@@@@@@@@
11/14/2019 -10	Environmental Health Defined; Population Growth & Control; Environmental Impacts of Energy Use and Production (369-373)	1	
11/14/2019 -11	Air Quality & Pollution (373-376); “High-Efficiency Lighting” (376)	2	
11/14/2019 -12	Water Quality & Pollution (377); Solid Waste Pollution (377-379)	3	
11/14/2019 -13	Chemical Pollution and Hazardous Waste (379-381), Radiation Pollution (381--383), Noise Pollution (384)	4	
11/14/2019 -14	“Greenhouse Effect”; “Impact of Climate Change” (374) “Poverty, Gender and Environmental Health” (380); “Endocrine Disruption: A “New” Toxic Threat (382)	5	

Fall 2019 PCH 201 Wellness Sign-up Sheet

C16 Conventional & Complementary Medicine (November 19, 2019)			@@@@@@@@@@@@@@
11/19/2019 -15	Self-care (387-389); Professional Care (390-391); “Your home medical care kit” (390)	1	
11/19/2019 -16	Conventional Medicine: Premises and Assumptions; Pharmaceuticals and the Placebo Effect; Providers of Conventional Medicine (391-394)	2	
11/19/2019 -17	Conventional Medicine: Choosing a Primary Care Physician, Choosing a Specialist; Getting the Most of Your Medical Care (395-399)	3	
11/19/2019 -18	” Evaluating Health News” (393); “Creating Your Own Medical Record” (397); “Commonly Used Herbals, Their Uses, Evidence for Effectiveness and Contraindications” (403)	4	
11/19/2019 -19	Integrative Health: Alternative Medical Systems; Mind- body Medicine; Natural Products; (399-402) “Avoiding Health Fraud and Quackery”; The categories of CAM (400)	5	
11/19/2019 -20	Integrative Health: Manipulative and Body-Based Practices; Other CAM practices; When Does CAM become Conventional Medicine?; Evaluating complementary & alternative therapies (402-405)	6	
11/19/2019 -21	Paying for Health Care (405-408); “Choosing a Health Insurance Plan (407)	7	

Fall 2019 PCH 201 Wellness Sign-up Sheet

C17 Personal Safety (November 21, 2019)			@@@@@@@@@@@@@@
11/21/2019 -22	Introduction, Unintentional Injuries: What Causes Injury?; Home Injuries (412-416)	1	
11/21/2019 -23	Motor Vehicle Injuries; Leisure Injuries (416-419)	2	
11/21/2019 -24	Weather-Related Injuries; Work Injuries (419-421); “Repetitive Strain Injury” (422) “Head Injuries in Contact Sports” (420)	3	
11/21/2019 -25	Violence and Intentional Injuries: Factors; Assault, Homicide; Gang-related Violence (421-423)	4	
11/21/2019 -26	Violence and Intentional Injuries: Hate Crimes, School Violence, Workplace Violence, Terrorism (423-424)	5	
11/21/2019 -27	Violence and Intentional Injuries: Family and Intimate-Partner Violence (424-427) “Recognizing the Potential for Abusiveness in a Partner” (426)	6	
11/21/2019 -28	Violence and Intentional Injuries: Sexual Violence (427-429); What You Can Do About Violence (429,431); “Recognizing the Potential for Abusiveness in a Partner” (426) “The #MeToo Movement and Sexual Harassment” (428)	7	
11/21/2019 -29	“Injuries among Young Men” (414) “Cell Phones and Distracted Driving” (417) “Gun Violence” (430) Providing Emergency Care (431)	8	

Fall 2019 PCH 201 Wellness Sign-up Sheet

C18 The Challenge of Aging (November 26, 2019)			@@@@@@@@@@@@
11/26/2019 -30	Generating Vitality as you age (435-438)	1	
11/26/2019 -31	Dealing with Changes in Aging (438-441)	2	
11/26/2019 -32	Life in Aging Society (441-443)	3	
11/26/2019 -33	What is Death (443-445); Planning for Death (445-448)	4	
11/26/2019 -34	Coping with Imminent Death (448-450); Coping with Loss (450-452); Coming to Terms with Death (443)	5	
11/26/2019 -35	“Can Exercise Delay Effects of Aging?” (437); “Why Do Women Live Longer?” (442); “A Consumer Guide to Funerals” (449); “Surviving the Violent Death of a Loved One” (452)	6	

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Papers	Content
<p>Fact Sheet (#1) 40 points 6 – 8 pages</p>	<p>Create a fact sheet about your wellness topic of choice. On the date due, give a 5-minute Twitter briefing (presentation) and submit a hardcopy of fact sheet to me with the grading grid.</p>
<p>Health Diary (#2) 25 points 5+ pages <u>Extra-credit available</u></p>	<p>Pick one week, Sunday – Saturday, to make one behavior change. Complete a daily log of your experiences of how this change affects your daily life, evaluate the change, and conclude with lessons learned.</p>
<p>Health Literacy (#3) 11 points 5 - 6 pages <u>Extra-credit available</u></p>	<p>Complete the Buley Library Quiz. Evaluate Media Bias chart, learn about fake news and come up with implications for social media postings</p>
<p>Presentation Portfolio (#4) 24 points 11-15 slides Power point & 2 – 4 page paper</p>	<p>Research textbook topics and create a Power Point that you will use to give a 6 - 8-minute presentation on the date due. You will meet with a working group of classmates presenting materials from the same chapter to ensure everything is covered. These classmates will serve as resources for the project, but each student is responsible for their own presentation and portfolio.</p>