

**PCH 201-01 Spring 2018
Presentations**

Presentation Portfolio Project

Date	TOPICS	Chapter member	Presenter
	C10 Exercise for Health & Fitness (March 22, 2018)		
3/22/2018 (1)	Benefits of Exercise (249-252); Planning a Personal Exercise Program (269)	1	Jesper S
3/22/2018 (2)	What is Physical Fitness? (252-255) “Making Time for Physical Activity” (255)	2	Stephanie P
3/22/2018 (3)	Designing Your Exercise Program (255-262) Getting Started and Staying on Track (262-266)	3	Edgar O
3/22/2018 (4)	(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)	4	Brian R
	C11 Weight Management (March 27, 2018)		
3/27/2018 (5)	Factors Contributing to Excess Body Fat (277-281); Adopting a Healthy Lifestyle for Successful Weight Management (281-282); Approaches to Overcoming a Weight Problem (282-286)	1	Gregory B
3/27/2018 (6)	Evaluating Body Weight and Body Composition (270-274); Body Fat and Wellness (274-277); Body Image and Eating Disorders (287-290)	2	Lauryn Z
	C15 Conventional & Complementary Medicine (April 19, 2018)		
4/19/2018 (7)	Self-care (380-382); Professional Care (363); Conventional Medicine:(384-391)	1	Briana D
4/19/2018 (8)	Integrative Health (391-396); Paying for Health Care (397-400)	2	Chyna S

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Date	TOPICS	Chapter member	Presenter
	C16 Personal Safety (April 24, 2018)		
4/24/2018 (9)	Violence and Intentional Injuries: (413-423)	1	Mariah W
	C17 The Challenge of Aging (April 26, 2018)		
4/26/2018 (10)	Generating vitality as you age (427-430); Dealing with Changes in Aging (430-433) ; Life in Aging America (433-435)	1	Jenna K
4/26/2018 (11)	What is Death? (436-437); Planning for Death (438-441); Coping with Imminent Death (441-443); Coping with Loss (443-444); Coming to Terms with Death (445-446)	2	Kim D