

**PCH 201-02 Spring 2018
Presentation Assignments**

Presentation Portfolio Project

Date	TOPICS	Chapter member	Presenters
	C10 Exercise for Health & Fitness (March 22, 2018)		
3/22/2018 (1)	Benefits of Exercise (249-252); What is Physical Fitness? (252-255)	1	Alison S
3/22/2018 (2)	Designing Your Exercise Program (255-262)	2	Tyler D
3/22/2018 (3)	Components of an Active Lifestyle (254-255); Making Time for Physical Activity (255); Move More, Sit Less (256); Determine Your Target Rate (259); Getting Started and Staying on Track (262-266)	3	Alana T
	C11 Weight Management (March 27, 2018)		
3/27/2018 (4)	Evaluating Body Weight and Body Composition (270-274); Adopting a Healthy Lifestyle for Successful Weight Management; (281-282)	1	Kharon D
3/27/2018 (5)	Body Fat and Wellness (274-277); “Are All Calories and Dietary Patterns Equal for Weight Loss?” (284-285)	2	Thomas B
3/27/2018 (6)	Body Image and Eating Disorders (287-290); “The Freshman 15: Fact or Myth?” (280); Approaches to Overcoming Weight Problem (282-287);	3	Isabella P
	C14 Environmental Health (April 17, 2018)		
4/17/2018 (7)	Environmental Health Defined; Population Growth & Control; Environmental Impacts of Energy Use and Production (363-364) Air Quality & Pollution (367-370);	1	Hajara I
4/17/2018 (8)	Water Quality & Pollution (371); Solid Waste Pollution (371-373);	2	Serena D

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	Chemical Pollution and Hazardous Waste (373-375); Radiation Pollution (375-377); Noise Pollution (377-378)		
	C15 Conventional & Complementary Medicine (April 19, 2018)		
4/19/2018 (9)	Self-care (380-382); Professional Care (363)	1	Kendell L
4/19/2018 (10)	Conventional Medicine (384-391)	2	Yash W
4/19/2018 (11)	Integrative Health (391-396)	3	Olivia C-H
4/19/2017 (12)	Paying for Health Care (397-400)	4	Teresa P
	C16 Personal Safety (April 24, 2018)		
4/24/2018 (13)	Introduction, Unintentional Injuries: What Causes Injury?; Home Injuries; Motor Vehicle Injuries (403-410); Providing Emergency Care (422-423);	1	Jahmal C
4/24/2018 (14)	Leisure Injuries; Weather-related Injuries; Work Injuries (410-413) Violence and Intentional Injuries: Factors; Assault, Homicide; Gang-related Violence; Hate Crimes (413-415); “Injuries among Young Men” (405) Violence and Intentional Injuries: School Violence, Workplace Violence, Terrorism (415-416)	2	Oceana W
4/24/2018 (15)	Violence and Intentional Injuries: Family and Intimate-Partner Violence (416-419); “Recognizing the Potential for Abusiveness in a Partner” (418) Violence and Intentional Injuries: Sexual Violence (419-422); What You Can Do About Violence (422); Preventing Date Rape (421);	3	Tyanna G

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	C17 The Challenge of Aging (April 26, 2018)		
4/26/2018 (16)	Generating vitality as you age (427-430); Life in Aging America (433-435) Dealing with Changes in Aging (430-433) “Can Exercise Delay Effects of Aging?” (429); Why Do Women Live Longer?” (434);	1	Jasmine T
4/26/2018 (17)	What is Death; Planning for Death (436-441) “A Consumer Guide to Funerals” (442);	2	Nina D
4/26/2018 (18)	Coping with Imminent Death; Coping with Loss; Coming to Terms with Death (441-445) “Surviving the Violent Death of a Loved One” (445)	3	Lily H