

PCH 201-01 Fall 2019 Presentations

Chapter 11 Exercise for Health and Fitness (October 22, 2019)			
10/22/2019 -1	Benefits of Exercise (257-260)	1	Langstun R
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	Elodhie J
10/22/2019 -3	Designing Your Exercise Program (263-270) Getting Started and Staying on Track (270-274)	3	Gabriel A
10/22/2019 -4	(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)	4	Reggie J

C12 Weight Management (October 24, 2019)			
10/24/2018 -5	Evaluating Body Weight and Body Composition (279-282) Body Fat and Wellness (283-285) Factors Contributing to Excess Body Fat (285-288)	1	Phoebe C
10/24/2019 -6	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)	2	Deyanira J
10/24/2019 -7	Body Image and Eating Disorders (295-298); “The Freshman 15: Fact or Myth?” (Orange) (289)	3	Ally L

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C15 Environmental Health (November 14, 2019)			
11/14/2019 -8	Environmental Health Defined; Population Growth & Control; Environmental Impacts of Energy Use and Production (369-373)	1	Moises V
11/14/2019 -9	Air Quality & Pollution (373-376); “High-Efficiency Lighting” (376)	2	Pedro E
11/14/2019 -10	Water Quality & Pollution (377); Solid Waste Pollution (377-379)	3	Chandler T
11/14/2019 -11	Chemical Pollution and Hazardous Waste (379-381), Radiation Pollution (381--383), Noise Pollution (384)	4	Madison H
11/14/2019 -12	“Greenhouse Effect”; “Impact of Climate Change” (374) “Poverty, Gender and Environmental Health” (380); “Endocrine Disruption: A “New” Toxic Threat (382)	5	Matt D

C16 Conventional & Complementary Medicine (November 19, 2019)			
11/19/2019 -13	Self-care (387-389); Professional Care (390-391); “Your home medical care kit” (390)	1	Frankie L
11/19/2019 -14	Conventional Medicine: Premises and Assumptions; Pharmaceuticals and the Placebo Effect; Providers of Conventional Medicine (391-394)	2	Claudia M
11/19/2019 -15	Conventional Medicine: Choosing a Primary Care Physician, Choosing a Specialist; Getting the Most of Your Medical Care (395-399)	3	Veronica L
11/19/2019 -16	“Evaluating Health News” (393); “Creating Your Own Medical Record” (397); “Commonly Used Herbs, Their Uses, Evidence for Effectiveness and Contraindications” (403)	4	Cassandra T
11/19/2019		5	Akeim M

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-17	Integrative Health: Alternative Medical Systems; Mind-body Medicine; Natural Products; (399-402) “Avoiding Health Fraud and Quackery”; The categories of CAM (400) Manipulative and Body-Based Practices; Other CAM practices (400-404)		
11/19/2019 -18	When Does CAM become Conventional Medicine?; Evaluating complementary & alternative therapies (403-405) Paying for Health Care (405-408); “Choosing a Health Insurance Plan (407)	6	Emmanuel G

C17 Personal Safety (November 21, 2019)			
11/21/2019 -19	Introduction, Unintentional Injuries: What Causes Injury?; Home Injuries (412-416) Motor Vehicle Injuries; Leisure Injuries (416-419) “Repetitive Strain Injury” (422) “Head Injuries in Contact Sports” (420)	1	Genaro N
11/21/2019 -20	Weather-Related Injuries; Work Injuries (419-421) Violence and Intentional Injuries: Factors; Assault, Homicide; Gang-related Violence (421-423)	2	Freddy M
11/21/2019 -21	Violence and Intentional Injuries: Hate Crimes, School Violence, Workplace Violence, Terrorism (423-424)	3	Nicole A
11/21/2019 -22	Violence and Intentional Injuries: Family and Intimate-Partner Violence (424-427) “Recognizing the Potential for Abusiveness in a Partner” (426)	4	Terrence J-P
11/21/2019 -23	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)	5	Dreyanna C
11/21/2019 -24	“Injuries among Young Men” (414)	6	Jason O’B

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<p>“Cell Phones and Distracted Driving” (417) “Gun Violence” (430) Providing Emergency Care (431)</p>		
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C18 The Challenge of Aging (November 26, 2019)			
11/26/2019	Generating Vitality as you age (435-438)	1	Anthony L
-25	Dealing with Changes in Aging (438-441)		
11/26/2019	Life in Aging Society (441-443)	3	Starlyn T
11/26/2019	What is Death (443-445); Planning for Death (445-448)	4	Rachel L
11/26/2019	Coping with Imminent Death (448-450);	5	Isis R
-28	Coping with Loss (450-452); Coming to Terms with Death (443)		
11/26/2019	“Can Exercise Delay Effects of Aging?” (437);	6	Jolene G
-29	“Why Do Women Live Longer?” (442);		
	“A Consumer Guide to Funerals” (449);		
	“Surviving the Violent Death of a Loved One” (452)		