

PCH 201-02 Fall 2019 Presentations

Chapter 11 Exercise for Health and Fitness (October 22, 2019)			
10/22/2019 -1	Benefits of Exercise (257-260)	1	Hannah N
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	Julia A
10/22/2019 -3	Designing Your Exercise Program (263-270)	3	Tyler S
10/22/2019 -4	Getting Started and Staying on Track (270-274)	4	Joseph B
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	Rosalind W

C12 Weight Management (October 24, 2019)			
10/24/2019 -6	Evaluating Body Weight and Body Composition (279-282)	1	Njeri P
10/24/2018 -7	Body Fat and Wellness (283-285) Factors Contributing to Excess Body Fat (285-288)	2	Ayman A
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	Ian S
10/24/2019 -9	Body Image and Eating Disorders (295-298); “The Freshman 15: Fact or Myth?” (Orange) (289)	4	Tiffany M

PCH 201-02 Fall 2019 Presentations

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	Kate M
11/14/2019 -11	Air Quality & Pollution (373-376); “High-Efficiency Lighting” (376); Water Quality & Pollution (377)	2	Aaron K
11/14/2019 -12	Solid Waste Pollution (377-379) Chemical Pollution and Hazardous Waste (379-381), Radiation Pollution (381--383), Noise Pollution (384)	3	Kevin S
11/14/2019 -13	“Greenhouse Effect”; “Impact of Climate Change” (374) “Poverty, Gender and Environmental Health” (380); “Endocrine Disruption: A “New” Toxic Threat (382)	4	Sierra M

C16 Conventional & Complementary Medicine (November 19, 2019)			
11/19/2019 -14	Self-care (387-389); Professional Care (390-391); “Your home medical care kit” (390)	1	Joleyan M
11/19/2019 -15	Conventional Medicine: Premises and Assumptions; Pharmaceuticals and the Placebo Effect; Providers of Conventional Medicine (391-394)	2	Zach H
11/19/2019 -16	Conventional Medicine: Choosing a Primary Care Physician, Choosing a Specialist; Getting the Most of Your Medical Care (395-399)	3	Zakai J
11/19/2019 -17	” Evaluating Health News” (393); “Creating Your Own Medical Record” (397); “Commonly Used Herbals, Their Uses, Evidence for Effectiveness and Contraindications” (403)	4	Irfanul H
11/19/2019 -18	Integrative Health: Alternative Medical Systems; Mind-body Medicine; Natural Products; (399-402) “Avoiding Health Fraud and Quackery”; The categories of CAM (400)	5	Jadyn H

PCH 201-02 Fall 2019 Presentations

11/19/2019 -19	Integrative Health: Manipulative and Body-Based Practices; Other CAM practices; When Does CAM become Conventional Medicine?; Evaluating complementary & alternative therapies (402-405)	6	Ben M
11/19/2019 -20	Paying for Health Care (405-408); “Choosing a Health Insurance Plan (407)	7	Brianna S

C17 Personal Safety (November 21, 2019)			
11/21/2019 -21	Introduction, Unintentional Injuries: What Causes Injury?; Home Injuries (412-416)	1	Gabbi G
11/21/2019 -22	Motor Vehicle Injuries; Leisure Injuries (416-419)	2	Dorian P
11/21/2019 -23	Weather-Related Injuries; Work Injuries (419-421); “Repetitive Strain Injury” (422) “Head Injuries in Contact Sports” (420)	3	Louis F
11/21/2019 -24	Violence and Intentional Injuries: Factors; Assault, Homicide; Gang-related Violence (421-423)	4	Kris D
11/21/2019 -25	Violence and Intentional Injuries: Hate Crimes, School Violence, Workplace Violence, Terrorism (423-424)	5	Loreina V
11/21/2019 -26	Violence and Intentional Injuries: Family and Intimate-Partner Violence (424-427) “Recognizing the Potential for Abusiveness in a Partner” (426)	6	Matt R
11/21/2019 -27	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	Kayla K
11/21/2019 -28	“Injuries among Young Men” (414) “Cell Phones and Distracted Driving” (417) “Gun Violence” (430)	8	Sheleice F

PCH 201-02 Fall 2019 Presentations

Providing Emergency Care (431)

C18 The Challenge of Aging (November 26, 2019)			
11/26/2019 -29	Generating Vitality as you age (435-438)	1	Carlee C
11/26/2019 -30	Dealing with Changes in Aging (438-441)	2	Kimberly R
11/26/2019 -31	Life in Aging Society (441-443)	3	Ben E
11/26/2019 -32	What is Death (443-445); Planning for Death (445-448)	4	Julia D
11/26/2019 -33	Coping with Imminent Death (448-450); Coping with Loss (450-452); Coming to Terms with Death (443)	5	Maddie D
11/26/2019 -34	“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	Hideki M