

**Fall 2019
PCH 201 Wellness
Professor Betty C. Jung**

Part 2 Calendar

September 2019

SUNDAY	MON	TUESDAY	WED	THURSDAY	FRI	SAT
1	2	3	4	5	6	7
Read Chapter 2: Stress & Chapter 3: Psychological Health		C 2 Lecture: WS1 Health Diary Paper Q&A		C 3 Lecture: WS2 ; Fact Sheet Paper Q &A; Seating; Class buddies	Health diary #1-4, start 9/8!	
8	9	10	11	12	13	14
Read Chapter 4: Sleep; Chapter 5: Relationships		C 4 Lecture: WS 3 ; Syllabus Quiz ; Presentation Q&A; Meet with Chapter		C 5A Lecture: WS4 ; Campus/Classroom Safety	Fact sheet presenters: Post twitter, fact sheet	By 5 PM the day before FS is due
15	16	17	18	19	20	21
Read Chapter 6: Sexuality, Pregnancy, Childbirth		C 5B & C 6A Lectures; WS 5 ; HD 1-2 ; HL 1-2 ; FS 1-2 ; Test 1 Review 1		C 6B Lecture; HD 3-4 . HL 3-4 , FS 3-4 ; Test 1 Review 2	Study for Test #1: 50 questions multiple choice	Part 1 assignments in by 9/24
22	23	24	25	26	27	28
Study & Know Chapters 1-6, Read Chapter 7: Contraception		TEST #1 (C 1-6) ; HD 5-6 , HL 5-6 ; Speaker (Content will be on the final)		C 7 Lecture: WS 6 ; HD 7-8 , HL 7-8 , FS 5-6		
29	30	1	2	3	4	5
Read Chapter 9: Tobacco & Alcohol						
6	7	NOTES		Class Home Page: https://www.bettycjung.net/Pch201index.htm Templates & Grids Page: https://www.bettycjung.net/Pch201grids.htm Updates Page: https://www.bettycjung.net/Pch201updates.htm		

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October 2019

SUNDAY	MONDAY	TUESDAY	WEDNES	THURSDAY	FRIDAY	SATURDAY
29	30	1	2	3	4	5
Read Chapter 9: Tobacco & Alcohol		C 9 Lecture (Tobacco); Go over Test #1 HD 9-10, HL 9- 10, FS 7-8		Guest Speaker: Mr. Wayne Knowal, State Narcotics Task Force HD 11-12, HL 11-12, FS 9-10		
6	7	8	9	10	11	12
Read Chapter 8: Drug Use & Addiction		C 8 Lecture; WS 7; HD 13-14, HL 13-14, FS 11- 12		C 9 Lecture (Alcohol); HD 15-16, HL 15-16, FS 13-14		
13	14	15	16	17	18	19
Read Chapter 10: Nutrition Basics		C 10 Lecture; WS 8; HD 17-18, HL 17-18, FS 15-16; C 11 Power Points due 5 PM		C 10B Lecture; HD 19-20, HL 19-20, FS 17-18; C 12 Power Points due 5 PM		
20	21	22	23	24	25	26
Read Chapter 11: Exercise for Health and Fitness; Chapter 12: Weight		C 11 Presentations; WS 9; HD 21-22, HL 21- 22, FS 19-20		C 12 Presentations; HD 23-24, HL 23-24, FS 21- 22	Study for Test #2: 50 questions multiple choice; Mid-term Grades	Part 2 assignments in by 10/29; Start EC health diary
27	28	29	30	31	1	2
Read Chapter 13: Cardiovascular Health		Test #2 (C7-12); HD 25-26, HL 25-26 Speaker (Content will be on the final)		C 13A Lecture; WS 10; HD 27-28, HL 27-28, FS 23- 24		
3	4	NOTES	Class Home Page: https://www.bettyjung.net/Pch201index.htm Templates & Grids Page: https://www.bettyjung.net/Pch201grids.htm Updates Page: https://www.bettyjung.net/Pch201updates.htm			

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Part 2 Assignments & Due Dates

Section 1

Due Date	WS/ PPT	HD #	Health Diary	HL #	Health Literacy	FS #	Fact Sheet
9/26/2019	6	7	Pedro E	7	Deyanira J	5	Gene/Genome Editing Moises V
9/26/2019		8	Langstun R	8	Reggie J	6	Fragrance Allergies Cassandra T
10/1/2019		9	Veronica L	9	Phoebe C	7	Electronic Cigarettes Jason O'B
10/1/2019		10	Madison H	10	Dreyanna C	8	Chewing Tobacco Anthony L
10/3/2019		11	Akeim M	11	Jolene G	9	Drugged Driving
10/3/2019		12		12	Genaro N	10	Non-alcoholic Fatty Liver Disease Elodhie J
10/8/2019	7	13	Frankie L	13	Ally L	11	Spice (Synthetic marijuana) Dreyanna C
10/8/2019		14	Genaro N	14	Claudia M	12	Adderall Deyanira J
10/10/2019		15	Moises V	15	Veronica L	13	College Binge Drinking Terrence J-P
10/10/2019		16	Nicole A	16	Elodhie J	14	Alcohol Use Disorder Reggie J
10/15/2019	8	17	Jason O'B	17		15	Fentanyl Starlyn T
10/15/2019	C11 - 5 PM	18	Deyanira J	18	Rachel L	16	Trans Fatty Acids Matt D

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10/17/2019		19		19	Pedro E	17	ADHD Nicole A
10/17/2019	C12 - 5 PM	20	Anthony L	20	Madison H	18	GMOs Chandler T
10/22/2019	9	21	Dreyanna C	21	Emmanuel G	19	High Fructose Corn Syrup Langstun R
10/22/2019		22	Cassandra T	22		20	Phthalates Akeim M
10/24/2019		23	Isis R	23		21	Acrylamide Veronica L
10/24/2019		24		24	Chandler T	22	Bisphenol A
10/29/2019		25	Reggie J	25	Moises V		TEST #2
10/29/2019		26	Chandler T	26	Matt D		-----

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)	4	Reggie J

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	“Determining Target Heart Rate Range” (266) “What to Wear” (271); “Care of Common Exercise Injuries and Discomforts” (273)		
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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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Section 2

Due Date	WS/ PPT	HD #	Health Diary	HL #	Health Literacy	FS #	Fact Sheet
9/26/2019	6	7	Louis F	7	Rosalind W	5	Gene/Genome Editing Tyler S
9/26/2019		8	Aaron K	8	Dorian P	6	Fragrance Allergies Kimberly R
10/1/2019		9	Dorian P	9	Zach H	7	Electronic Cigarettes Matt R
10/1/2019		10	Ben E	10	Tyler S	8	Chewing Tobacco Madelyn D
10/3/2019		11	Julia A	11	Joseph B	9	Drugged Driving Dorian P
10/3/2019		12	Kimberly R	12	Gabbi G	10	Non-alcoholic Fatty Liver Disease Katelyn M
10/8/2019	7	13	Sheleice F	13	Kayla K	11	Spice (Synthetic marijuana) Kevin S
10/8/2019		14	Brianna S	14	Julia D	12	Adderall Louis F
10/10/2019		15	Joseph B	15	Ian S	13	College Binge Drinking Sierra M
10/10/2019		16	Kristofer D	16	Sierra M	14	Alcohol Use Disorder Tiffany M
10/15/2019	8	17	Loreina V	17	Sheleice F	15	Fentanyl Julia A
10/15/2019	C11 - 5 PM	18	Njeri P	18	Jadyn H	16	Trans Fatty Acids Ian S
10/17/2019		19	Hideki M	19	Madelyn D	17	ADHD Ben E

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10/17/2019	C12 - 5 PM	20	Sierra M	20	Kristofer D	18	GMOs Aaron K
10/22/2019	9	21	Gabbi G	21	Lisu F	19	High Fructose Corn Syrup Joleyan M
10/22/2019		22	Katelyn M	22	Loreina V	20	Phthalates Jayden H
10/24/2019		23	Carlee C	23	Jasmine A	21	Acrylamide Loreina V
10/24/2019		24	Jadyn H	24	Kevin S	22	Bisphenol A Kristofer D
10/29/2019		25	Rosalind W	25	Zakai J		TEST #2
10/29/2019		26	Jasmine A	26	Kimberly R		-----

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

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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
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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