

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

Part 3 Calendar

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 in 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.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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November 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	30	31	1 Chapter 15 Power Points due 11/7	2
3 Read Chapter 13: Cancer; Chapter 14: Immunity	4	5 C 13B Lecture; Go over Test #2 (C 7-12), HD 29-30, HL 29-30, FS 25-26	6	7 C 14A Lecture; WS 11, HD 31-32, HL 31-32, FS 27-28; C15 Power Points due 5 PM today	8 C 16 Power Points due 11/12; Start Extra-Credit Health Diary 11/10	9 C 17 Power Points due 11/14
10 Read Chapter 14: Infection; Chapter 15: Environmental	11	12 C 14B Lecture; WS 12; HD 33-35, HL 33-35, FS 29-30; C16 Power Points due 5 PM today	13	14 C 15 Presentations; WS 13; FS 31-32; C17 Power Points due 5 PM today	15 All health diaries and health literacy papers done 11/12	16 C 18 Power Point due 11/19
17 Read Chapter 16: Conv & Comp Medicine; Chapter 17:	18	19 C 16 Presentations; WS14; FS 33-35; C 18 Power Points due 5 PM	20	21 C 17 Presentations; WS 15	22 All fact sheets done 11/19	23
24 Read Chapter 18: The Challenge of Aging	25	26 C 18 Presentations; Last day for all assignments	27	28 THANKSGIVING - NO SCHOOL	29	30
1	2	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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December 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
Gather Assessment Survey, Test 1, Test 2 study		Guest Speaker: Ms. Ellen Chin, Domestic Violence Counselor; Review for Final		Last Day of Class; Evaluations, Pre-Final Progress Report; Review for		
8	9	10	11	12	13	14
		Section 1 Final Exam 8-10 AM		Section 2 Final Exam 8-10 AM		
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4
5	6	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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Part 3 Assignments & Due Dates

Section 1

Due Date	WS/ PPT	HD #	Health Diary	HL #	Health Literacy	FS #	Fact Sheet
10/31/2019	10	27	Jolene G	27	Starlyn T	23	Broken Heart Syndrome Alfred M
10/31/2019		28	Gabriel A	28		24	Stroke and Young People Genaro N
11/5/2019		29	Rachel L	29	Nicole A	25	Electromagnetic Radiation Gabriel A
11/5/2019		30		30	Langston R	26	Drug-resistant Gonorrhea Madison H
11/7/2019	11	31	Ally L	31	Frankie L	27	Endocrine Disruptors Isis P
11/7/2019	C15 - 5 PM	32	Terrence J-P	32	Gabriel A	28	Shingles Rachel L
11/12/2019	12	33	Starlyn T	33	Anthony L	29	Fracking
11/12/2019	C16 - 5 PM	34	Phoebe C	34	Jason O'B	30	Hepatitis B
11/12/2019		35	Alfred M	35			
11/14/2019	13		-----		----- -	31	Antibiotic Resistance
11/14/2019	C17 - 5 PM		-----		----- -	32	Type 2 Diabetes Jolene G
11/19/2019	14		-----		----- -	33	Diacetyl Emmanuel G
11/19/2019	C18 - 5		-----		-----	34	PFAS

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	PM				-		Claudia M
11/19/2019			-----		-----	35	Parabens Pedro E
11/21/2019	15		-----		-----		
11/26/2019			LAST DAY for submissions		Everything has to be in today		

	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

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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 Herbals, Their Uses, Evidence for Effectiveness and Contraindications” (403)	4	Cassandra T
11/19/2019 -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)	5	Akeim M
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

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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) “Cell Phones and Distracted Driving” (417) “Gun Violence” (430) Providing Emergency Care (431)	6	Jason O’B

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C18 The Challenge of Aging (November 26, 2019)			@@@@@@@@@@@@
11/26/2019 -25	Generating Vitality as you age (435-438) Dealing with Changes in Aging (438-441)	1	Anthony L
11/26/2019 -26	Life in Aging Society (441-443)	3	Starlyn T
11/26/2019 -27	What is Death (443-445); Planning for Death (445-448)	4	Rachel L
11/26/2019 -28	Coping with Imminent Death (448-450); Coping with Loss (450-452); Coming to Terms with Death (443)	5	Isis R
11/26/2019 -29	“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	Jolene G

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Section 2

Due Date	WS/ PPT	HD #	Health Diary	HL #	Health Literacy	FS #	Fact Sheet
10/31/2019	10	27	Ben M	27	Njeri P	23	Broken Heart Syndrome Hannah N
10/31/2019		28	Madelyn D	28	Joleyan M	24	Stroke and Young People Kayla K
11/5/2019		29	Kevin S	29	Julia A	25	Electromagnetic Radiation Ben M
11/5/2019		30	Julia D	30	Katelyn M	26	Drug-resistant Gonorrhea Irfanul H
11/7/2019	11	31	Joleyan M	31	Ayman A	27	Endocrine Disruptors Brianna S
11/7/2019	C15 - 5 PM	32	Tiffany M	32	Irfanul H	28	Shingles Sheleice F
11/12/2019	12	33	Hannah N	33	Matt R	29	Fracking Julia D
11/12/2019	C16 - 5 PM	34	Zakai J	34	Carlee C	30	Hepatitis B Rosalind W
11/12/2019		35	Ayman A	35	Ben M		
11/14/2019	13		-----		-----	31	Antibiotic Resistance Hideki M
11/14/2019	C17 - 5 PM		-----		-----	32	Type 2 Diabetes Njeri P
11/19/2019	14		-----		-----	33	Diacetyl Ayman A
11/19/2019	C18 - 5 PM		-----		-----	34	PFAS Zakai J
11/19/2019			-----		-----	35	

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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	Integrative Health: Alternative Medical Systems; Mind-body	5	Jadyn H

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-18	Medicine; Natural Products; (399-402) “Avoiding Health Fraud and Quackery”; The categories of CAM (400)		
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

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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) Providing Emergency Care (431)	8	Sheleice F
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