

health science fall 2012

Date	Fixed events	Chapter
Mon 08/20		Course introduction
Wed 08/22		Chapter One Achieving Personal Health
Fri 08/24		Wellness inventory wheel, Travis and Ryan in an Invitation to Health brief by Dianne Hales.
Mon 08/27		Chapter Two Mind-Body Communications Maintain Wellness
Wed 08/29		
Fri 08/31		Music relaxation therapy: <a href="http://danaleeling.blogspot.com/2012/08/enigma.html">http://danaleeling.blogspot.com/2012/08/enigma.html</a>
Mon 09/03		Chapter 3 Managing Stress: Restoring Mind-Body Harmony
Wed 09/05		Chapter Four Mental Health and Mental Illness
Fri 09/07		Test unit one
Mon 09/10		Chapter Five Choosing a Nutritious Diet
Wed 09/12		
Fri 09/14		Convocation cancels class
Mon 09/17		MyPlate, 101 East Tonga videos. Began chapter six.
Wed 09/19		Chapter six managing a healthy weight continued.
Fri 09/21		Born to run video, self-assessment surveys
Mon 09/24		Chapter Eight Sexuality and Intimate Relationships
Wed 09/26		Chapter seven concluded.
Fri 09/28		Test unit two
Mon 10/01		Chapter Eight Sexuality and Intimate Relationships
Wed 10/03		Chapter Nine Understanding Pregnancy and Parenthood
Fri 10/05		Baby birth video from MITC
Mon 10/08		Chapter Ten Choosing a Fertility Control Method
Wed 10/10		
Fri 10/12		Chapter Eleven Protecting Against STDs and AIDS
Mon 10/15		<b>Test unit three</b>
Wed 10/17		Chapter Twelve Reducing Infections and Building Immunity
Fri 10/19		Leptospirosis videos
Mon 10/22		Immune system
Wed 10/24	UN Day	
Fri 10/26		Hygiene hypothesis
Mon 10/29		Chapter 13 Cancer: Risks & Means of Prevention
Wed 10/31		Chapter Fourteen Cardiovascular Diseases
Fri 11/02	FSM Indep	
Mon 11/05		
Wed 11/07		Chapter Fifteen Heredity and Disease
Fri 11/09		<b>Test unit four</b>
Mon 11/12	Vet Day	
Wed 11/14		Chapter Sixteen Using Drugs Responsibly
Fri 11/16		We are all on drugs video
Mon 11/19		
Wed 11/21		Chapter Seventeen Eliminating Tobacco Use

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Fri 11/23		Alcohol videos
Mon 11/26		Chapter Eighteen Using Alcohol Responsibly
Wed 11/28		<b>Test unit five</b>
Fri 11/30		Tongan herbal medicine video
Mon 12/03		Chapter Twenty Exploring Alternative Medicines
Wed 12/05		Chapter Twenty-Two Understanding Aging and Dying
Fri 12/07		Videos on aging, sirtuin, telomerase, agism, bright side of life
Mon 12/10		<b>Review</b>
Wed 12/12	Finals	
Thu 12/13	Finals	
Fri 12/14	Finals	

Instructor: Dana Lee Ling

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Course web sites:

<http://www.comfsm.fm/~dleeling/healthscience/hsc3/>

<http://danaleeling.blogspot.com/search/label/health>

Textbook: Health and Wellness, Tenth Edition

Textbook web site: <http://health.jbpub.com/hwonline/10e/>

Phones: 320-2480 extension 228 | Cell SIMs: 922-1858, 970-5318 |  
Home phone: 320-2962

Attendance: Seven absences results in withdrawal from the course. A late is one third of an absence. Thus any combination of absences and lates that adds to seven will result in withdrawal. For example, twenty-one lates would result in withdrawal.

All absences are initially considered unexcused and counted towards the seven absence limit. Absences can be excused from the seven absence limit for medical or official education-related travel. Appropriate documentation is required such as a note from the physician (doctor) or, in the case of education-related travel, some form of written or electronic communication from official sponsors of the travel.

No betelnut in class.

## Other information

Textbook: Health and Wellness, Tenth Edition

Recommended materials:

Instructor: Dana Lee Ling

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## TOC

- Part One Achieving Wellness
  - Chapter One Achieving Personal Health
  - Chapter Two Mind-Body Communications Maintain Wellness
  - Chapter Three Managing Stress: Restoring Mind-Body Harmony
  - Chapter Four Mental Health and Mental Illness
- Part Two Eating and Exercising Toward a Healthy Lifestyle
  - Chapter Five Choosing a Nutritious Diet
  - Chapter Six Managing a Healthy Weight
  - Chapter Seven Physical Activity for Health and Well-Being
- Part Three Building Healthy Relationships
  - Chapter Eight Sexuality and Intimate Relationships
  - Chapter Nine Understanding Pregnancy and Parenthood
  - Chapter Ten Choosing a Fertility Control Method
  - Chapter Eleven Protecting Against Sexually Transmitted Diseases and AIDS
- Part Four Understanding and Preventing Disease
  - Chapter Twelve Reducing Infections and Building Immunity: Knowledge Encourages Prevention
  - Chapter Thirteen Cancer: Understanding Risks and Means of Prevention
  - Chapter Fourteen Cardiovascular Diseases: Understanding Risks and Measures of Prevention
  - Chapter Fifteen Heredity and Disease
- Part Five Explaining Drug Use and Abuse
  - Chapter Sixteen Using Drugs Responsibly
  - Chapter Seventeen Eliminating Tobacco Use
  - Chapter Eighteen Using Alcohol Responsibly
- Part Six Making Healthy Choices
  - Chapter Nineteen Making Decisions About Health Care
  - Chapter Twenty Exploring Alternative Medicines
  - Chapter Twenty-One Accidents and Injuries
- Part Seven Overcoming Obstacles
  - Chapter Twenty-Two Understanding Aging and Dying
  - Chapter Twenty-Three Violence in Our Society
  - Chapter Twenty-Four Working Toward a Healthy Environment
- Appendix A Health Enhancement Methods
- Appendix B Calendar of Events and Health Organizations

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