

Online Health 1  
Assignments & Schedule  
Spring 2016 Section DE5

**January 19-24 Module 1: Course Introduction**

Read: About the Course

Do: Print Course Procedures Handbook

Do: Module 1 Learning Activities due Jan 24

Do: In the Bookmarks/Favorites section of your web browser (Explorer, Firefox, Safari etc.), create a folder called "Health Resources." As you participate in Health 1, add Web sites that are helpful to you. Begin by adding the Health 1 Web site. You can access this site at any time during the course and in the future.

**January 25-31 Module 2: Understanding Personal Health**

Read: The Definition of Health

Read: Lifestyle Diseases

Read: Breslow-Ornish Behaviors

Do: Wellness Assessment, due Jan 27

Do: Learning Activities for Module 2, due Jan 30

Do: Learn to Anchor and practice Anchoring

Do: Review options for Course Projects

**Jan 31-Feb 6 Module 3: Healthy Communication/Social Support**

Read: Social Support and Health

Read: Social Support

Read: Effective Communication

Read: Effective Listening

Do: Project Declaration, due Feb 3. Choose EITHER a Health Behavior Change Project OR a Personal Health Project

Do: Module 3 Learning Activity: Listening Exercise, due Feb 6

Do: Practice Anchoring

Do: BEGIN collecting data for Personal Vital Statistics, due Feb 29

**February 7-26 Module 4: The Mind and Health**

Read: The Mind and Health

Read: Stress

Read: Test Taking

Read: Test Anxiety

Do: Review Project Timeline

Do: Time Audit during the week of Feb 8; write-up due Feb 13

Do: Anchoring during the week of Feb 12; write-up due Feb 21

Do: Progressive Muscle Relaxation, during the week of Feb 22; write-up due Feb 26

Do: Project Research, due Feb 24.

Do: Learning Activities for Module 4, due Feb 26

Do: Personal Vital Statistics, due Feb 29

**Feb 27-March 16 Module 5: Nutrition and Health**

Read: Getting real about the high price of cheap food

Read: The oil in your oatmeal: a lot of fossil fuel goes into producing, packaging, and shipping our breakfast

Read: Nutrition Basics

Read: Readings imbedded in Module 5 Learning Activities

Do: Personal Vital Statistics, due Feb 29

Do: Food Diary, data collection during week of Feb 29; write-up due March 7

Do: Health Behavior Change Project Plan OR Personal Research Project Plan, due March 3

Do: Fast Food Restaurant Research, due Mar 12

Do: Learning Activities for Module 5, due Mar 16

**March 17-27 Module 6: Weight Management & Physical Activity**

Read: Calorie Restriction Weight-loss Diets Don't Work  
Read: Sensible Weight Management  
Read: Physical Activity and Health...from the U.S. Centers for Disease Control and Prevention  
Read: Physical Activity Among College Students  
Do: Learning Activities for Module 6, due Mar 27

**March 28-April 1: SPRING BREAK**

**April 2-24 Module 7: Environmental Health**

Read: Vaccines  
Read: The Centers for Disease Control and Prevention's Web page on Antibiotic Resistance  
Do: Health Behavior Change Project START YOUR ACTIVITY on Apr 4.  
OR -- NOT BOTH -- Personal Health Project BEGIN RESEARCH AND WRITING on Apr 4  
Do: Health Behavior Change Project Progress Report #1, due Apr 11  
Do: Personal Health Project Progress Report #1, due Apr 11  
Do: Health Behavior Change Project Progress Report #2, due Apr 18  
Do: Health Behavior Change Project Progress Report #1, due Apr 25  
Do: Personal Health Project Progress Report #3, due Apr 25  
Do: Module 7 Learning Activities due Apr 24

**Apr 25-May 1 Module 8: Drug Use and Abuse**

Read: Drugs and Medicines  
Read: Understanding Drug Abuse and Addiction...from the U.S. National Institute on Drug Abuse  
Read: Alcohol and Your Health.....from the U.S. National Institute on Alcohol Abuse and Alcoholism  
Do: Health Behavior Change Project Write Up due May 1  
Do: Personal Health Project Write Up due May 1  
Do: Learning Activities for Module 8, due Apr 30

**May 9-15 Module 9: Sexuality and Health**

Do: Wants and Needs Questionnaire, due May 12  
Do: Learning Activities for Module 9, due May 14

**Final Assessment due via return e-mail May 25**

**Course Ends May 27**

---END---