

Course Schedule

This calendar provides an overview of the course. More details and a weekly checklist are available in the weekly modules on Blackboard.

GA (Group Activity) – group discussions, small group assignments - to participate with assigned group members during a class meeting on Wednesday; can be completed later (submitted by Friday at 11:59 p.m. Mountain Time) but requires all group members to communicate and work together.

Module	Dates	Topic	Reading to complete by taking a quiz	Assignment to complete and due dates
1	8/23-8/27	Syllabus, Schedule	Syllabus and Course Schedule	<ul style="list-style-type: none"> • Blog 1 by 8/25 11:59 pm • Quiz 1 by 8/25 11:59 pm • GA 1 by 8/27 11:59 pm
2	8/30-9/3	Health and Wellness	Eldin & Golanty, Ch. 1	<ul style="list-style-type: none"> • Quiz 2 by 8/30 11:59 pm • Blog 2 by 9/1 11:59 pm • GA 2 by 9/3 11:59 pm
3	9/6-9/10	Mind-Body Communication and Health Behavior Change	Eldin & Golanty, Ch. 2	<ul style="list-style-type: none"> • Quiz 3 by 9/7 11:59 pm • Blog 3 by 9/8 11:59 pm • GA 3 by 9/10 11:59 pm
4	9/13-9/17	Mind well-being	Eldin & Golanty, Ch. 3, 4	<ul style="list-style-type: none"> • Quiz 4 by 9/13 11:59 pm • Blog 4 by 9/15 11:59 pm • GA 4 by 9/17 11:59 pm
5	9/20-9/24	Body well-being	Eldin & Golanty, Ch. 5, 6, 7	<ul style="list-style-type: none"> • Quiz 5 by 9/20 11:59 pm • Blog 5 by 9/22 11:59 pm • GA 5 by 9/24 11:59 pm
6	9/27-10/1	Sexuality, Relationships	Eldin & Golanty, Ch. 8, 9, 10	<ul style="list-style-type: none"> • Quiz 6 by 9/27 11:59 pm • Blog 6 by 9/29 11:59 pm • GA 6 by 10/1 11:59 pm
7	10/4-10/8	STDs and Community-Based Model of Behavior Change	Eldin & Golanty, Ch. 11	<ul style="list-style-type: none"> • Quiz 7 by 10/4 11:59 pm • Blog 7 by 10/6 11:59 pm • GA 7 by 10/8 11:59 pm • Documentary to Watch by 10/6 11:00 am • Live Discussion on 10/6 at 11:00 am
8	10/11-10/15	Understanding and Preventing Diseases Part I (Infections, Immunity, and Heredity)	Eldin & Golanty, Ch. 12, 15	<ul style="list-style-type: none"> • Quiz 8 by 10/11 11:59 pm • Blog 8 by 10/13 11:59 pm • GA 8 by 10/15 11:59 pm

9	10/18-10/22	Understanding and Preventing Diseases Part II (Cancers and Cardiovascular Diseases)	Eldin & Golanty, Ch. 13, 14	<ul style="list-style-type: none"> • Quiz 9 by 10/18 11:59 pm • Blog 9 by 10/20 11:59 pm • GA 9 by 10/22 11:59 pm
10	10/25-10/29	Drug Use and Abuse	Eldin & Golanty, Ch. 16, 17, 18	<ul style="list-style-type: none"> • Quiz 10 by 10/25 11:59 pm • Blog 10 by 10/27 11:59 pm • GA 10 by 10/28 11:59 pm
11	11/1-11/5	Accidents and Violence	Eldin & Golanty, Ch. 21, 23	<ul style="list-style-type: none"> • Quiz 11 by 11/1 11:59 pm • Blog 11 by 11/3 11:59 pm • GA 11 by 11/5 11:59 pm
12	11/8-11/12	Aging and Injuries	Eldin & Golanty, Ch. 22	<ul style="list-style-type: none"> • Quiz 12 by 11/8 11:59 pm • Blog 12 by 11/10 11:59 pm • GA 12 by 11/12 11:59 pm
13	11/15-11/19	Neuroplasticity	No readings	<ul style="list-style-type: none"> • Quiz 13 by 11/15 11:59 pm • Blog 13 by 11/17 11:59 pm • GA 13 by 11/19 11:59 pm
14	11/22-11/26	Healthy Environment	Eldin & Golanty, Ch. 24	<ul style="list-style-type: none"> • Quiz 14 by 11/22 11:59 pm • Blog 14 by 11/24 11:59 pm • GA 14 by 11/26 11:59 pm
15	11/29-12/3	Healthy and Health Care Decisions	Eldin & Golanty, Ch. 19, 20	<ul style="list-style-type: none"> • Quiz 15 by 11/29 11:59 pm • Blog 15 by 12/1 11:59 pm • GA 15 by 12/3 11:59 pm • Final Project due to 12/3 by 11:59 pm