

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 Monday; can be completed later (submitted by Tuesday 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	1/19 - 25	Syllabus, Schedule, Health and Wellness Intro	Syllabus and Course Schedule, Eldin & Golanty, Ch. 1	<ul style="list-style-type: none"> • Blog 1 by 1/21 11:59 pm • Quiz 1 by 1/24 11:59 pm • GA 1 by 1/25 11:59 pm
2	1/26 - 2/1	Mind-Body Communication and Health Behavior Change	Eldin & Golanty, Ch. 2	<ul style="list-style-type: none"> • Quiz 2 by 1/26 11:59 pm • Blog 2 by 1/28 11:59 pm • GA 2 by 2/1 11:59 pm
3	2/2 - 8	Mind well-being	Eldin & Golanty, Ch. 3, 4	<ul style="list-style-type: none"> • Quiz 3 by 2/2 11:59 pm • Blog 3 by 2/4 11:59 pm • GA 3 by 2/8 11:59 pm
4	2/9 - 15	Body well-being	Eldin & Golanty, Ch. 5, 6, 7	<ul style="list-style-type: none"> • Quiz 4 by 2/9 11:59 pm • Blog 4 by 2/11 11:59 pm • GA 4 by 2/15 11:59 pm
5	2/16 - 22	Sexuality, Relationships	Eldin & Golanty, Ch. 8, 9, 10	<ul style="list-style-type: none"> • Quiz 5 by 2/16 11:59 pm • Blog 5 by 2/18 11:59 pm • GA 5 by 2/22 11:59 pm
6	2/23 - 3/1	STDs and Community-Based Model of Behavior Change	Eldin & Golanty, Ch. 11	<ul style="list-style-type: none"> • Quiz 6 by 2/23 11:59 pm • Blog 6 by 2/25 11:59 pm • GA 6 by 3/1 11:59 pm • Documentary to Watch by 3/1 11:59 pm • Live Discussion on 3/2 at 10:30 am
7	3/2 - 8	Understanding and Preventing Diseases Part I (Infections, Immunity, and Heredity)	Eldin & Golanty, Ch. 12, 15	<ul style="list-style-type: none"> • Quiz 7 by 3/2 11:59 pm • Blog 7 by 3/4 11:59 pm • GA 7 by 3/8 11:59 pm •
8	3/9 - 22	Understanding and Preventing	Eldin & Golanty, Ch. 13	<ul style="list-style-type: none"> • Quiz 8 by 3/9 11:59 pm • Blog 8 by 3/11 11:59 pm • GA 8 by 3/22 11:59 pm

		Diseases Part II (Cancers)		
9	3/23 - 29	Understanding and Preventing Diseases Part III (Cardiovascular Diseases)	Eldin & Golanty, Ch. 14	<ul style="list-style-type: none"> • Quiz 9 by 3/23 11:59 pm • Blog 9 by 3/25 11:59 pm • GA 9 by 3/29 11:59 pm
10	3/30 - 4/5	Drug Use and Abuse	Eldin & Golanty, Ch. 16, 17, 18	<ul style="list-style-type: none"> • Quiz 10 by 3/30 11:59 pm • Blog 10 by 4/1 11:59 pm • GA 10 by 4/5 11:59 pm
11	4/6 - 12	Accidents and Violence	Eldin & Golanty, Ch. 21, 23	<ul style="list-style-type: none"> • Quiz 11 by 4/6 11:59 pm • Blog 11 by 4/8 11:59 pm • GA 11 by 4/12 11:59 pm
12	4/13 - 19	Aging and Injuries	Eldin & Golanty, Ch. 22	<ul style="list-style-type: none"> • Quiz 12 by 4/13 11:59 pm • Blog 12 by 4/15 11:59 pm • GA 12 by 4/19 11:59 pm
13	4/20 - 26	Neuroplasticity	No readings	<ul style="list-style-type: none"> • Quiz 13 by 4/20 11:59 pm • Blog 13 by 4/21 11:59 pm • GA 13 by 4/26 11:59 pm
14	4/27 - 5/3	Healthy and Health Care Decisions	Eldin & Golanty, Ch. 19, 20	<ul style="list-style-type: none"> • Quiz 14 by 4/27 11:59 pm • Blog 14 by 4/29 11:59 pm • GA 14 by 5/3 11:59 pm
15	5/4 - 6	Healthy Environment	Eldin & Golanty, Ch. 24	<ul style="list-style-type: none"> • Quiz 15 by 5/4 11:59 pm • Blog 15 by 5/6 11:59 pm • GA 15 by 5/6 11:59 pm
FW	5/9 - 13	Final Project - essay		<ul style="list-style-type: none"> • Final Project by 5/10 11:59 pm