

FIT FOR LIFE HEALTH AND WELLNESS TENTATIVE CALENDAR

Spring 2012

Day 1 _____	Introduction: Syllabi and Safety Pre-Test
Day 2 _____	CHAPTER 1 (SCAN TRONS DUE)
Day 3 _____	CHAPTER 2
Day 4 _____	EXAMINATION CHAPTERS 1 AND 2
Day 5 _____	CHAPTER 3
Day 6 _____	medical history assignment (DUE)
Day 7 _____	CHAPTER 3 and 4
Day 8 _____	CHAPTER 4
Day 9 _____	CHAPTER 11
Day 10 _____	EXAMINATION CHAPTERS 3, 4, AND 11
Day 11 _____	Lab day with lab assignment
Day 12 _____	CHAPTER 5 all labs due
Day 13 _____	CHAPTER 6
Day 14 _____	CHAPTER 7 fit days begins
Day 15 _____	EXAMINATION CHAPTERS 5, 6, AND 7
Day 16 _____	CHAPTER 8 (MID TERM)
Day 17 _____	CHAPTER 8
Day 18 _____	CHAPTERS 9 fit day due
Day 19 _____	CHAPTERS 9 and 10
Day 20 _____	CHAPTERS 10
Day 21 _____	EXAMINATION CHAPTERS 8, 9 AND 10
Day 22 _____	group project assignment
Day 23 _____	CHAPTER 12
Day 24 _____	CHAPTER 13
Day 25 _____	CHAPTER 14
Day 26 _____	group presentation
Day 27 _____	group presentation
Day 28 _____	group presentation review 12, 13, 14 and 15
Day 29 _____	EXAMINATION CHAPTERS 12, 13, 14 AND 15
Day 30 _____	FINAL REVIEW

***** NOTE: THE INSTRUCTOR RESERVES THE RIGHT TO MAKE CHANGES
TENTATIVE Spring 2012CALENDAR*****