Daily Class Schedule; Assignments

January 8: Introduction to class and discussion of requirements; Pre-test
January 13: Chapter 1; LAB 1.2 (pgs 25-26)
January 15: Chapters 1 & 2
January 20: Chapter 2; LAB 2.2 (pgs 51-54)
January 22: Exam over Chapters 1 & 2; bring scantron
January 27: no class (instructor workshop)
January 29: Family Health Tree class discussion (Family Health Tree due)
February 3: Chapter 3
February 5: Chapters 3 & 4; LAB 3.2 (pgs 93-94/1 through 4a Max HR Method only)
February 10: Chapter 4
February 12: Exam Chapters 3 & 4; bring scantron
February 17: Chapter 5
February 19: Chapters 5 & 6; LABS 6.1 (pg 193/BMI only) and 6.2 (pgs 201-202/only through the first 1-4)
February 24: Chapter 6
February 26: Chapter 7
March 3: Exam Chapters 5, 6 & 7; bring scantron
March 5: Chapter 8
March 10: Chapter 8; “Fad Diets” abstract discussion (abstract due)
March 12: Chapters 8 & 9; LAB 8.3 (pg 273/PART 1 only)
March 17-19: Spring Break/no class
March 24: Chapter 9; LAB 9.3 (pgs 301-302)
March 26: Exam Chapters 8 & 9; bring scantron
March 31: Chapter 10; LAB 10.1 (pgs 327-328/*A weeklong activity; so start early)
April 2: Chapters 10 & 11
April 7: Chapter 11; LAB 11.1 (pgs 349-350)
April 9: Exam Chapters 10 & 11; bring scantron
April 14: Chapter 12
April 16: Chapters 12 & 13; LAB 12.1 (pgs 371-372)
April 21: Chapters 13 & 14
April 23: Chapter 14; “Environmental Health” abstract discussion (abstract due)
April 28: Chapter 15; LAB 15.1 (pg 441)
April 30: Chapter 15; course closure
May 6: Final Exam Chapters 12, 13, 14 & 15; Post-test; bring scantron

This is a tentative schedule. The instructor reserves the right to make changes if necessary.