



TEXAS A&M UNIVERSITY
SAN ANTONIO

**College of Education and Human Development
Department of Counseling, Health & Kinesiology
EDKN 1338 Fitness and Wellness
Fall 2026**

Instructor: Julie Blohm, M.S. Kinesiology.

Class time & Location: Tuesdays and Thursdays, 2-3:15pm,
Science and Technology Building Rm 145
(Meeting face to face)

Platform for online assignments: Blackboard Collaborate Ultra

E-mail & Phone: jbloh01@tamusa.edu

Office Hours: By appointment only.

Office Location: Virtual

Required Textbooks: Corbin's Concepts of Fitness and Wellness: A Comprehensive Lifestyle Approach: By Charles B. Corbin, Gregory J. Welk, William R. Corbin and Karen A. Welk|13th Edition| Copyright 2023
ISBN 978-1-266-07843-9

Course Description: Knowledge, understanding and values of health-related fitness and wellness and its influence on the quality of life.

Course Objective: Upon completion of this course, each student will be able to enhance individuals' ways of living to increase overall well-being and wellness; effectively advocate for and debate issues related to kinesiology, health, fitness, and wellness; identify and understand the components of wellness and physical fitness; describe the elements of health-related and performance-related physical fitness, physical inactivity, and hypokinetic diseases and their effects on health and wellness; recognize, critique, and present programs and plans designed to promote fitness and wellness; compare and contrast the relationships among physical activity, nutrition, and body composition; participate in physical fitness activities that assist in assessing personal health-related fitness; evaluate barriers to fitness and wellness and identify strategies to overcome them; and design, implement, and evaluate fitness programs that promote lifelong physical fitness and wellness within society.

Instructional Format: To achieve the course objectives, the class will involve:

Lecture

Individual assignments

Partner assignments and discussion

Class discussion & Small group discussions

IMPORTANT POLICIES AND RESOURCES

University Email Policy and Course Communications: All correspondence between professors and students must occur via university email accounts. You must have your Jaguar email account ready and working. If it is not working, contact the help desk at helpdesk@tamusa.edu or at 210-784-HELP

(4357). If you don't hear back within 48 hours, contact them again. They have many requests during the first part of the semester, so you may need to follow up with them.

Academic Accommodations for Individuals with Disabilities: Texas A&M University-San Antonio is committed to providing all students with reasonable access to learning opportunities and accommodations in accordance with The Americans with Disabilities Act, as amended, and Section 504 of the Rehabilitation Act. If you experience barriers to your education due to a disability or think you may have a disability, Disability Support Services is located in the Central Academic Building, Suite 210. You can also contact us via phone at (210) 784-1335, visit us at the [website](#) or email us at dss@tamusa.edu. All students are encouraged to discuss their academic accommodation with Disability Support Services and their instructors as soon as possible.

Academic Learning Center: All currently enrolled students at Texas A&M University-San Antonio can utilize the Academic Learning Center for subject-area tutoring. The Academic Learning Center provides free course-based tutoring to all currently enrolled students at Texas A&M University-San Antonio. Students wishing to work with a tutor can make appointments through the Brainfuse online tutoring platform. Brainfuse can be accessed in the *Tools* section of Blackboard. You can contact the Academic Learning Center by emailing tutoring@tamusa.edu, calling (210) 784-1307, or visiting the Central Academic Building, room 202. Online tutoring is also available for after hours and weekend assistance. While tutoring hours may change based on tutor schedules and availability, the current tutoring hours for MATH in the ALC are as follows:

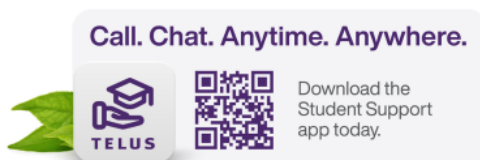
Appointments available MATH Walk in Tutoring – No appointment needed

	Appointments available	Walk in Tutoring – No appointment needed
MONDAY	8 am – 6 pm	9 am – 5 pm
TUESDAY	8 am – 6 pm	9 am – 5 pm
WEDNESDAY	8 am – 6 pm	9 am – 5 pm
THURSDAY	8 am – 6 pm	9 am – 5 pm
FRIDAY	8 am – 5 pm	11 am – 4 pm

Counseling/Mental Health Resources: As a college student, there may be times when personal stressors interfere with your academic performance and negatively impact your daily functioning. If you are experiencing emotional difficulties or mental health concerns, support is available to you through the Student Counseling Center (SCC). To schedule an appointment, visit our website, call 210-784-1331 or visit Madla 120 between the hours of 8:00 AM and 5:00 PM.

All mental health services provided by the SCC are free and confidential (as the law allows). The Student Counseling Center provides brief individual and group therapy, crisis intervention, consultation, case management, and prevention services. *Crisis support is available 24/7/365 by calling the SCC at 210-784-1331 or through the TELUS student support App.*

The TELUS Student Support App provides a variety of mental health resources to including 24/7/365 support for in the moment distress, crisis support, an anonymous peer-to-peer support network, mental health screenings, podcasts, and articles to improve your mental wellbeing.



Emergency Preparedness: JagE Alert is Texas A&M University-San Antonio's mass notification system. In the event of an emergency, such as inclement weather, students, staff and faculty, who are registered, will have the option to receive a text message, email with instructions and updates. To register or update your information visit: <https://tamusa.bbcportal.com/>. More information on emergency response may be found at: [Emergency Operations Plan](#) and the [Emergency Action Plan](#). Download the SafeZone App (<https://safezoneapp.com/>) for emergencies or call (210) 784-1911. Non-Emergency (210) 784-1900.

Financial Aid and Verification of Attendance: According to the following federal regulation, 34 CFR 668.21: U.S. Department of Education (DoE) Title IV regulation, a student can only receive Title IV funds based on Title IV eligibility criteria which include class attendance. If Title IV funds are disbursed to ineligible students (including students who fail to begin attendance), the institution must return these funds to the U.S. DoE within 30 days of becoming aware that the student will not or has not begun attendance. Faculty will provide the Office of Financial Aid with an electronic notification if a student has not attended by the published Census Date (the first week of class). Any student receiving federal financial aid who does not attend prior to the published Census Date (the first week of class) will have their aid terminated and returned to the DoE. Please note that any student who stops attending at any time during the semester may also need to return a portion of their federal aid.

Jaguar Writing, Language, and Digital Composing Center (WLDCC): The WLDCC provides support to graduate and undergraduate students in all three colleges as well as faculty and staff. Writing tutors work with students to develop reading skills, prepare oral presentations, and plan, draft, and revise their written assignments. Our language tutors support students enrolled in Spanish courses and students composing in Spanish for any assignment. Our digital studio tutors support students working on digital projects such as eportfolios, class presentations, or other digital multimedia projects. The WLDCC offers face-to-face, synchronous online, and asynchronous digital appointments. Students can schedule appointments with the WLDCC in JagWire under the Student Services tab. Click on "Writing, Language, and Digital Composing Center" to make your appointment. Students wanting to work in realtime with a tutor can schedule an "Online Appointment." Students wishing to receive asynchronous, written feedback from a tutor can schedule an "eTutoring" appointment. More information about what services we offer, how to make an appointment, and how to access your appointment can be found on our [website](#). The WLDCC can also be reached by emailing wldcc@tamusa.edu.

Meeting Basic Needs: Any student who has difficulty affording groceries or accessing sufficient food to eat every day or who lacks a safe and stable place to live, and believes this may affect their performance in the course, is urged to submit a [CARE report](#) for support. Furthermore, please notify the professor if you are comfortable in doing so. This will enable them to direct you to available resources. A food pantry is available on campus; click [here](#) for hours and contact information.

Military Affairs: Veterans and active-duty military personnel are welcomed and encouraged to visit the Office of Military Affairs for any question involving federal or state VA Education Benefits. Visit the Patriots' Casa building, room 202, or to contact the Office of Military Affairs with any questions at military.va@tamusa.edu or (210)784-1397.

Religious Observances: Texas A&M University-San Antonio recognizes the wide variety of faiths represented among the campus community and protects the rights of students, faculty, and staff to observe religious holidays according to their tradition. Under the policy, students are provided an opportunity to make up any examination, study, or course work requirements that may be missed due to a religious observance provided they notify their instructors before the end of the second week of classes for regular session classes.

The Six-Drop Rule: Students are subject to the requirements of Senate Bill (SB) 1231 passed by the Texas Legislature in 2007. SB 1231 limits students to a maximum of six (6) non-punitive course drops (i.e., courses a student chooses to drop) during their undergraduate careers. A non-punitive drop does not affect the student's GPA. However, course drops that exceed the maximum allowed by SB 1231 will be

treated as “F” grades and will impact the student’s GPA.

Statement of Harassment and Discrimination: Texas A&M University-San Antonio is committed to the fundamental principles of academic freedom, equal opportunity, and human dignity. To fulfill its multiple missions as an institution of higher learning, A&M-San Antonio encourages a climate that values and nurtures collegiality and the uniqueness of the individual on our campus and within our state, nation, and world. All decisions and actions involving students and employees are to be based on applicable law and individual merit. Texas A&M University-San Antonio, in accordance with applicable federal and state law, prohibits discrimination, including harassment, on the basis of race, color, sex, religion, national origin, age, disability, genetic information, veteran status, sexual orientation, or pregnancy/parenting status. Individuals who believe they have experienced harassment or discrimination prohibited by this statement are encouraged to contact the University’s Civil Rights Officer at 210-784-2061 or titleix@tamusa.edu.

Texas A&M University-San Antonio faculty are committed to providing a safe learning environment for all students and for the university as a whole. If you have experienced any form of sex discrimination or harassment, including sexual assault, sexual harassment, domestic or dating violence, or stalking based on sex, know that help and support are available. A&M-San Antonio’s Title IX Coordinator can support those impacted by such conduct in navigating campus life, accessing health and counseling services, providing academic and housing accommodations, and more. The university strongly encourages all students to report any such incidents to the Title IX Coordinator. Please be aware that all A&M-San Antonio employees (other than those designated as confidential resources such as counselors and trained victim advocates) are required to report information about such discrimination and harassment to the university. This means that if you tell a faculty member about a situation of sexual harassment, sexual violence, or other related sex-based misconduct, the faculty member must share that information with the university’s Title IX Coordinator (titleix@tamusa.edu, 210-784-2061, CAB 439K). If you wish to speak to a confidential employee who does not have this reporting requirement, you can contact the Student Counseling Center at (210) 784-1331 or visit them in Madla 120.

Pregnant/Parenting Students: Texas A&M-San Antonio does not require a pregnant or parenting student, solely because of that status or issues related to that status, to (1) take a leave of absence or withdraw from their degree or certificate program; (2) limit the student’s studies; (3) participate in an alternative program; (4) change the student’s major, degree, or certificate program; or (5) refrain from joining or cease participating in any course, activity, or program at the University. The university will provide such reasonable accommodations to pregnant students as would be provided to a student with a temporary medical condition that are related to the health and safety of the student and the student’s unborn child. These could include maintaining a safe distance from substances, areas, and activities known to be hazardous to pregnant individuals and their unborn child; excused absences because of illness or medical appointments; modified due dates for assignments; rescheduled tests/exams; taking a leave of absence; and being provided access to instructional materials and video recordings of lectures for excused absences, if these would be provided to any other student with an excused absence. Pregnant/parenting students are encouraged to contact the Title IX Coordinator with any questions or concerns related to their status (titleix@tamusa.edu; 210-784-2061; CAB 439K).

Texas A&M-San Antonio has also designated the Title IX Coordinator as the liaison officer for current or incoming students who are the parent or guardian of a child younger than 18 years of age. The Title IX Coordinator can provide students with information regarding support services and other resources.

Young Jaguars can support parenting students with daycare if students meet this criteria: (1) must be enrolled in classes at Texas A&M-San Antonio in the current semester, (2) must be Pell eligible or a single parent, (3) child(ren) must be aged 3 to 12-years-old, and (4) child(ren) must be enrolled in Pre-K-

3 through 6th grade. Hours of operation is Monday-Thursday 3:30pm-9:00pm. For more information, please contact Young Jaguars at youngjaguars@tamusa.edu or call (210) 784-2636.

Students' Rights and Responsibilities: The following statement of students' rights and responsibilities is intended to reflect the philosophical base upon which University Student Rules are built. This philosophy acknowledges the existence of both rights and responsibilities, which is inherent to an individual not only as a student at Texas A&M University-San Antonio but also as a citizen of this country.

Students' Rights

1. A student shall have the right to participate in a free exchange of ideas, and there shall be no University rule or administrative rule that in any way abridges the rights of freedom of speech, expression, petition and peaceful assembly as set forth in the U.S. Constitution.
2. Each student shall have the right to participate in all areas and activities of the University, free from any form of discrimination, including harassment, on the basis of race, color, national or ethnic origin, religion, sex, disability, age, and pregnancy/parenting or veteran status in accordance with applicable federal and state laws.
3. A student has the right to personal privacy except as otherwise provided by law, and this will be observed by students and University authorities alike.
4. Each student subject to disciplinary action arising from violations of university student rules shall be assured a fundamentally fair process.

Students' Responsibilities

1. A student has the responsibility to respect the rights and property of others, including other students, the faculty, and administration.
2. A student has the responsibility to be fully acquainted with the published University Student Rules found in the Student Handbook, [Student Code of Conduct](#), on our website, and University Catalog, and to comply with them, as well as with federal, state, and local laws.
3. A student has the responsibility to recognize that student actions reflect upon the individuals involved and upon the entire University community.
4. A student has the responsibility to recognize the University's obligation to provide a safe environment for learning.
5. A student has the responsibility to check their university email for any updates or official university notifications.

We expect that students will behave in a manner that is dignified, respectful, and courteous to all people, regardless of sex, ethnic/racial origin, religious background, or disability. Conduct that infringes on the rights of another individual will not be tolerated.

Students are expected to exhibit a high level of honesty and integrity in their pursuit of higher education. Students engaging in an act that violates the standards of academic integrity will find themselves facing academic and/or disciplinary sanctions. Academic misconduct is any act, or attempt, which gives an unfair advantage to the student. Additionally, any behavior specifically prohibited by a faculty member in the course syllabus or class discussion may be considered as academic misconduct. For more information on academic misconduct policies and procedures please review the [Student Code of Conduct](#) or visit the resources available in the [OSRR website](#)

Important Fall 2026 Dates:

Dates	Event
August 20	Tuition & Fee Payments deadline
August 24	First day of class
September 7	Labor Day Holiday – No Classes / University Closed
September 9	Census Date – Students not paid in full or enrolled in a payment plan by 4:59 pm may be dropped for non-payment
October 5 – October 16	Midterm grading period
November 13	Last day to drop with an automatic “W”
November 25	Study Day – No classes
November 26-November 28	Thanksgiving Holiday – No Classes / University Closed
November 30	Last day to drop a course or withdraw from the University
December 4	Last day of classes
December 5 – December 11	Final exams
December 15	Commencement

The complete [academic calendar](#) is available online

Use of Generative AI Permitted Under Some Circumstances or With Explicit Permission

There are situations and contexts within this course where you may be asked to use artificial intelligence (AI) tools to explore how they can be used. Outside of those circumstances, you should not use AI tools to generate content (text, video, audio, images) that will end up in any student work (assignments, activities, discussion responses, etc.) that is part of your evaluation in this course. Any student work submitted using AI tools should clearly indicate with attribution what work is the student’s work and what part is generated by the AI. In such cases, no more than 25% of the student work should be generated by AI. If any part of this is confusing or uncertain, students should reach out to their instructor for clarification before submitting work for grading. Use of AI-generated content without the instructor’s permission and/or proper attribution in this course qualifies as academic dishonesty and violates Texas A&M-San Antonio’s standards of academic integrity.

Grading Policy & Course Requirements: To achieve the course objectives, the class will involve: Video lectures, Individual assignments, and Exams.

<u>Course Evaluation:</u>	
Exams	40%
Major Projects	40%
Quizzes/Homework	<u>20%</u>
Total	100%

<u>Criteria:</u>	
90-100	A
80-89	B
70-79	C
60-69	D
0-59	F

A grade of “C” or better must be earned in this course to satisfy Kinesiology requirements. Majors who do not earn a grade of “C” or better will be required to repeat the course. I do not round up or round down your grade. No changes to your final grade will occur once class has ended unless I have made a mistake. You are given the opportunity to follow your grade throughout the semester thus you should not be surprised with the grade you earn. There are no exceptions (eligibility, financial aid, etc.)

Weekly Connect Assignments (20%)

Each week will include three assigned interactives to complete within the Cengage MindTap program, due on Wednesday nights at 11:59 pm.

Major Projects: (40%)

Fitness & Wellness Assessment (CT):

Using resources from the text, notes, and other instructor approved materials, the student will choose one assessment for each of the components of health-related fitness and one for wellness, administer this test battery to themselves, collect the data and analyze it, evaluate the results and based on the analysis, make recommendations for each of the components. The rubric is as follows: Appropriately selected test for each component (total of six): 20%; Participation in each of the test items (total of six): 10%; Proper analysis of data (comparing to established guidelines, criteria, and/or norms): 20%; Proper evaluation of results: 25%; Thoughtful recommendations for each component (total of six): 30%. Meets Component Area Option Core Objective 1 (Critical Thinking) and course SLO 3.

Exercise Program Analysis (CS):

Students will be assigned a common, popular, or fad exercise program (i.e. P-90X). Students will gather research on who developed the program, how long the program has been in existence, the rationale behind its development, its trends in popularity over its lifetime, its documented effectiveness (personal testimonies will not be included, must be evidence-based), the advantages and disadvantages of participating in such a program, and recommendations by the student for improving the program's effectiveness. Students will present their findings as an oral presentation using PowerPoint (or other media) to the class. The rubric is as follows: Who developed: 5%; Existence: 5%; Rationale: 5%; Popularity: 5%; Effectiveness: 10%; Advantages: 10%; Disadvantages: 10%; Recommendations: 10%; Slide format (uncluttered, contrasting colors, grammar, punctuation, etc.): 15%; Presentation (appropriate dress, voice clarity, eye contact, interaction, grammar, pronunciation, etc.): 25%. Meets Component Area Option Core Objective 2 (Communication Skills) and course SLO 5.

Self-Evaluation (PR):

Students will keep a dietary and physical activity journal for one week using an online application. At the end of the week, students will also complete a barriers to exercise survey. Using this information, students will identify dietary and physical activity goals, develop a plan that includes 1) at least one mean to achieving the dietary goal, 2) at least one mean to achieving the physical activity goal, and 3) at least one mean to overcome the most prominent barrier to exercise. After four weeks have passed students will again keep the journals and take the survey but instead of developing a plan, will discuss the ease, the difficulties, etc. they had adhering to the plan. The rubric is as follows: Dietary and journal entries (total of 14 each): 40%; Barriers to exercise results (total of two): 10%; Appropriate goals for diet, physical activity, and barriers (one each): 20%; Thoughtful discussion: 30%. Meets Component Area Option Core Objective 3 (Personal Responsibility) and course SLO 7.

3 Exams (40%):

Exams are non-cumulative and will be administered covering information based on the lectures, assigned readings, interactive assignments, and videos. Exams may include multiple-choice and short answer. They will be held in person.

Late Penalties: All assigned work is due on the date and time assigned; work received later than the due date will NOT be graded.

- *I do not offer extra credit.*
- *I do not offer Independent Studies if an acceptable grade is not earned*

Blackboard: All assignments will be turned in and all notes, announcements, etc., will be posted on [Blackboard](#) (except for those that require signatures). Please check that your account is working, otherwise you will fall behind. If you have problems accessing Blackboard, contact the [Help Desk](#).

To access Blackboard, go to the [A&M-SA homepage](#).

If you need to pull up an assignment, notes, etc., my suggestion is to save it to your computer or disk, THEN open it.

If you have a question, comment, etc. about an assignment or any other matter, please contact me through email (jbloh01@tamusa.edu).

EDKN 1338 FITNESS AND WELLNESS

TEXTBOOK CHAPTER SEQUENCE

Chapter	Title
1	Health, Wellness, Fitness, and Healthy Lifestyles
2	Determinants of Lifelong Health, Wellness, and Fitness
3	Self-Management Skills for Health Behavior Change
4	Preparing for Physical Activity
5	Health Benefits of Physical Activity
6	How Much Physical Activity Is Enough?
7	Adopting an Active Lifestyle
8	Cardiorespiratory Endurance
9	Vigorous Aerobic, Anaerobic, Sport, and Recreational Activities
10	Muscle Fitness and Resistance Exercise
11	Flexibility and Stretching Activities
12	Advanced Fitness Training
13	Body Composition and Health
14	Nutrition and Principles of Healthy Eating
15	Principles of Effective Weight Control
16	Stress and Health
17	Stress-Management Strategies
18	Avoiding Destructive Behaviors
19	Tobacco Use and Health
20	Alcohol, Drugs, and Health
21	Preventing Sexually Transmitted Infections
22	Cancer, Diabetes, and Other Health Threats
23	Body Mechanics and Care of the Back
24	Making Informed Consumer Choices
25	Toward Optimal Health and Wellness

EXAMINATION SCHEDULE

Exam 1

Date: Thursday, September 24, 2026

Coverage: Chapters 1–6

Topics:

- Chapter 1: Health, Wellness, Fitness, and Healthy Lifestyles
- Chapter 2: Determinants of Lifelong Health, Wellness, and Fitness

- Chapter 3: Self-Management Skills for Health Behavior Change
- Chapter 4: Preparing for Physical Activity
- Chapter 5: Health Benefits of Physical Activity
- Chapter 6: How Much Physical Activity Is Enough?

Major Concepts:

- Dimensions of wellness
- Health and fitness concepts
- Healthy lifestyle behaviors
- Determinants of health
- Goal setting and behavior change
- Physical activity readiness and safety
- Benefits of regular physical activity
- Physical activity recommendations
- FITT principle

Exam 2

Date: Thursday, October 29, 2026

Coverage: Chapters 7–15

Topics:

- Chapter 7: Adopting an Active Lifestyle
- Chapter 8: Cardiorespiratory Endurance
- Chapter 9: Vigorous Aerobic, Anaerobic, Sport, and Recreational Activities
- Chapter 10: Muscle Fitness and Resistance Exercise
- Chapter 11: Flexibility and Stretching Activities
- Chapter 12: Advanced Fitness Training
- Chapter 13: Body Composition and Health
- Chapter 14: Nutrition and Principles of Healthy Eating
- Chapter 15: Principles of Effective Weight Control

Major Concepts:

- Exercise adherence and motivation
- Cardiorespiratory fitness
- Aerobic and anaerobic exercise
- Resistance training
- Muscular strength and endurance
- Flexibility and stretching
- Fitness training principles
- Body composition
- Nutrition and healthy eating
- Energy balance
- Healthy weight management

Schedule Note: This schedule is tentative. Readings, assignments, activities, and examination dates may be adjusted as needed. Students are responsible for checking Blackboard and Jaguar Email regularly for updates.

EDKN 1338 Fitness and Wellness
FALL 2026 Tentative Schedule

Week	Tuesday	Thursday	Chapter(s)	Topics / Learning Focus	Assignments / Assessments
1	Aug. 25	Aug. 27	Ch. 1	Health, Wellness, Fitness, and Healthy Lifestyles: course overview, dimensions of wellness, health-related fitness, healthy lifestyle behaviors	Course introduction; syllabus review; syllabus acknowledgment due Aug. 28
2	Sept. 1	Sept. 3	Ch. 2-3	Determinants of Lifelong Health, Wellness, and Fitness; Self-Management Skills for Health Behavior Change; goal setting and behavior change	Introduce Self-Evaluation (PR) Project
3	Sept. 8	Sept. 10	Ch. 3-4	Preparing for Physical Activity; readiness, safety, injury prevention, warm-up/cool-down; Health Benefits of Physical Activity	Self-Evaluation (PR) Project Part 1 Due Sept. 11
4	Sept. 15	Sept. 17	Ch. 5-6	How Much Physical Activity Is Enough? Physical activity guidelines; FITT principle; aerobic, muscle-strengthening, and flexibility recommendations	Exam review Chapters 1-6; Introduce Self-Evaluation (PR) Project Part 2
5	Sept. 22	Sept. 24	Ch. 7-8	Adopting an Active Lifestyle; barriers, motivation, adherence, active living; Cardiorespiratory Endurance	Exam 1: Chapters 1-6 — Sept. 24
6	Sept. 29	Oct. 1	Ch. 9-10	Vigorous Aerobic, Anaerobic, Sport, and Recreational Activities; Muscle Fitness and Resistance Exercise	Keep tracking nutrition and physical activity
7	Oct. 6	Oct. 8	Ch. 11-12	Flexibility and Stretching Activities; Advanced Fitness Training; training principles and program progression	Keep tracking nutrition and physical activity

Week	Tuesday	Thursday	Chapter(s)	Topics / Learning Focus	Assignments / Assessments
8	Oct. 13	Oct. 15	Ch. 13	Body Composition and Health; BMI, body fat, health risks, and realistic body composition goals	Self-Evaluation: Nutrition & Physical Activity: Part 2 ends
9	Oct. 20	Oct. 22	Ch. 14–15	Nutrition and Principles of Healthy Eating; nutrients, dietary guidelines, food choices; Principles of Effective Weight Control	Exam 2 review: Chapters 7–15; Self-Evaluation (PR) Project Part 2 due Oct. 23; Introduce Fitness & Wellness Assessment Assignment
10	Oct. 27	Oct. 29	Ch. 16–17	Stress and Health; physical and psychological effects of stress; Stress-Management Strategies	Exam 2: Chapters 7–15 — Oct. 29
11	Nov. 3	Nov. 5	Ch. 18–20	Avoiding Destructive Behaviors; tobacco/nicotine, alcohol, other drugs, and effects on health and wellness	Fitness & Wellness Assessment Assignment Due Nov. 6; Introduce Program Analysis Project
12	Nov. 10	Nov. 12	Ch. 21–22	Preventing Sexually Transmitted Infections; Cancer, Diabetes, and Other Health Threats; prevention and chronic disease risk factors	
13	Nov. 17	Nov. 19	Ch. 23–25	Body Mechanics and Care of the Back; Making Informed Consumer Choices; Toward Optimal Health and Wellness	Program Analysis Project due Nov. 20
14	Nov. 24	Nov. 26	Presentations		Nov. 25 – Study Day / No Classes; Nov. 26 – Thanksgiving Holiday / No Classes
15	Dec. 1	Dec. 3	Presentations		Dec. 3 – Last Scheduled Class Day; End of school quiz
Finals	Dec. 5–11	—	—	—	—