

Course Syllabus

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Department of Sociology, Social Work & Family Sciences

SWF3015 Health and Well-Being

2 Units

Fall 2026 | Quad 1

August 31 - October 19

Fully Online

Meeting Days: Asynchronous

Instructor: Dr. Jody L. Roubanis

Meeting Times: Asynchronous

Email: jroubani@pointloma.edu

Meeting Location: Fully Online in Canvas

Phone: Zoom, by appointment

Final Exam: (Day/Time): N/A

Office Location and Hours: Zoom, by appointment

PLNU Mission

To Teach ~ To Shape ~ To Send

Point Loma Nazarene University exists to provide higher education in a vital Christian community where minds are engaged and challenged, character is modeled and formed, and service is an expression of faith. Being of Wesleyan heritage, we strive to be a learning community where grace is foundational, truth is pursued, and holiness is a way of life.



General Education Mission

PLNU provides a foundational course of study in the liberal arts informed by the life, death, and resurrection of Jesus Christ. In keeping with the Wesleyan tradition, the curriculum equips students with a broad range of knowledge and skills within and across disciplines to enrich major study, lifelong learning, and vocational service as Christ-like participants in the world's diverse societies and cultures.

Course Description

Examines a personal approach to healthful living that encompasses physical, mental, emotional, relational, spiritual, and environmental aspects of wellness and self-care. Course topics include nutrition and exercise, cultivating joy, stress reduction, and gratitude.

This course is one of the components of the General Education Program at Point Loma Nazarene University, under the category of "Exploring an Interdependent World: Physical Fitness and Nutrition." By including this course in a common educational experience for undergraduates, the faculty supports an introduction to the natural and social sciences as tools for exploring the world, with an emphasis on collecting and interpreting empirical data for both theoretical and practical purposes.

Course Learning Outcomes

1. Analyze the interdependence of mental, emotional, spiritual, relational, environmental, and physical aspects of an individual that impact their wellness. (GELO 1a, 1c, 1d, 2a)
 2. Identify behaviors that reduce risk, prevent and control disease, protect against abuse and danger, and decrease harmful stress. (GELO 1d, 2a)
 3. Evaluate resources and practices that contribute to enhanced relationships, improved fitness, balanced emotions, meaningful spirituality, mental growth, and environmental responsibility (GELO 1a, 1b, 1c, 1d, 2a)
 4. Apply health concepts in order to change or improve health-related behavior. (GELO 1c, 1d, 2a)
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Program Learning Outcomes

1. Students will demonstrate an understanding of the multiple factors that influence the development and quality of life of individuals, families, and communities throughout the lifespan.
2. Students will identify appropriate resources to use in an application for problem-solving.
3. Students will examine the value of societal diversity and the ethical treatment of others as a result of their Christian faith.



ACADEMY OF NUTRITION AND DIETETICS FOUNDATION KNOWLEDGE AND SKILLS FOR ENTRY-LEVEL DIDACTIC PROGRAM IN DIETETICS (DPD):

1. Interpersonal communication skills. (1d)
2. Role of food in the promotion of a healthy lifestyle. (5l)
3. Health promotion and disease prevention theories and guidelines. (6g)

General Education Learning Outcomes

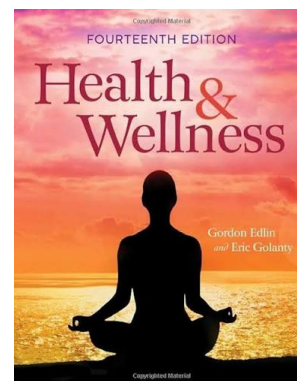
- GELO 1a. Written: Students will be able to effectively express ideas and information to others through written communication.
- GELO 1b. Oral: Students will be able to effectively express ideas and information to others through oral communication.
- GELO 1c. Information Literacy: Students will be able to access and cite information as well as evaluate the logic, validity, and relevance of information from a variety of sources.
- GELO 1d. Critical Thinking: Students will be able to examine, critique, and synthesize information in order to arrive at reasoned conclusions.
- GELO 2a. Students will develop an understanding of self that fosters personal well-being.

Required Texts and Recommended Study Resources

Students are responsible for having the required course textbooks prior to the first day of class.

All supplemental materials posted on this course site (including articles, book excerpts, or other documents) are provided for your personal academic use. These materials may be protected by copyright law and should not be duplicated or distributed without permission of the copyright owner.

- Edlin, G. & Golanty, E. (2023). *Health & wellness* (14th Ed.). Jones & Bartlett Learning.



Course Credit Hour Information

In the interest of providing sufficient time to accomplish the stated Course Learning Outcomes, this class meets the PLNU credit hour policy for a 2-unit class delivered over 8 weeks. It is anticipated that students will spend a minimum of 37.5 participation hours per credit hour on their coursework. For this course, students will spend an estimated 75 total hours meeting the course learning outcomes. The time estimations are provided below and in the Canvas modules.

Estimated Time to Complete Course



Activity Category	Time-to-Complete (Hours)
Reading	15
Group Discussions	15
Behavioral Change Project	15
Application Exercises	10
Other assignments and learning activities	10
Quizzes and Final Exam	10
Total:	75

Assessment and Grading

Weighted Grades

This course uses weighted grades. Each assignment category is worth a certain percentage of the total grade (100%) for the course, as specified in the table below:

Course Assignments

Assignment Category	Description	Percentage of Total Grade
Assignments	Assignments are located each week throughout the course. These assignments will be fundamental to the learning process and are meant to impact your thinking about your own holistic health.	20
Application Exercises	Application Exercises are created throughout the course. These exercises are used to measure understanding and to provide you with the opportunity to apply and practice skills for improving health. Please avoid submitting documents in the MAC format (.PAGES).	20
Discussions	Discussions Participation in discussion board forums is intended to promote collaboration between participants as new approaches to holistic health are considered. These online conversations will be based primarily on related assigned readings or content in the course. As a guideline, plan to	30



	contribute at least two substantive posts per day during active discussions. A substantive post contains material related to the topic, and/or extends learning in a meaningful way. It is expected that you read all posts in each discussion board group forum. Due to the size of this class, most discussions boards will be closed for comments at the end of the week in which they were assigned.	
Quizzes	Quizzes are created throughout the course and are used to ascertain your understanding of the required reading.	10
Final Application Exercise	Final Application Exercise occurs at the end of the course as a summative assessment to determine whether your learning has been completed and you have met the course learning outcomes.	20
	Total	100

Gratitude conferences: Students are required to participate in one of the synchronous Gratitude conferences or asynchronous discussions for full course credit.

Monday, Week 6

- 5:30 - 5:45 PM
- 5:50 - 6:35 PM

Course Signature Assignments

FCS Department Student Learning Outcomes	Proficiency Level	Course Signature Assignments
1. Students will demonstrate an understanding of the multiple factors that influence the development and quality of life of individuals, families, and communities throughout the lifespan.	Introduce	Application Exercises This assignment is intended to be the synthesis of information gained from the text and class which is applied not only to each student's life but also to their involvement with their communities and within their families.



2. Students will identify appropriate resources to use in an application for problem-solving.	Introduce	Behavior Change Project This assignment is designed to give students an opportunity to identify a desired personal behavioral change, develop a plan, access resources, implement the plan, log the progress, and reflect on the process of change.
3. Students will examine the value of societal diversity and ethical treatment of others as a result of their Christian faith.	Develop	Discussion Forums These forums are intended to help students wrestle with a wide variety of issues and demonstrate how faith informs their opinions and decision-making process.

Student grades for assignments will be posted in the Canvas gradebook. It is important to read the comments posted in the grade book, as these comments are intended to help students improve their work. Final grades will be posted by the due date as posted in the Academic Calendar.

Grading Scale

Grades will be based on the following:

- 93-100% = A
- 90 - 92% = A-
- 87 – 89% = B+
- 83 – 86% = B
- 80 – 82% = B-
- 77 – 79% = C+
- 73 – 76% = C
- 70 – 72% = C-
- 67 – 69% = D+
- 63 – 66% = D
- 60 – 62% = D-
- <60% = F

Final Examination Policy



Successful completion of this class requires taking the final examination on its scheduled day. The final examination schedule is posted on the [Traditional Undergraduate Records: Final Exam Schedules](http://www.pointloma.edu/experience/academics/class-schedules) (<http://www.pointloma.edu/experience/academics/class-schedules>) site. If you find yourself scheduled for three (3) or more final examinations on the same day, you are authorized to contact each professor to arrange a different time for **one** of those exams. However, unless you have three (3) or more exams on the same day, no requests for alternative final examinations will be granted.

General Course Concerns

If you have a concern related to the content or structure of this course, please bring your concern(s) to me (the instructor) in a timely manner, so that we have the opportunity to discuss your thoughts and work together toward a solution.

Incompletes and Late Assignments

All assignments are to be submitted/turned in by the beginning of the class session when they are due—including assignments posted in Canvas. Incompletes will only be assigned in extremely unusual circumstances.

PLNU Spiritual Care

Please be aware that PLNU strives to be a place where you grow as a whole person. To this end, we provide resources for our students to encounter God and grow in their Christian faith.

If you have questions, prayer requests, or a desire to meet with the chaplain, you can contact your professor or the [Office of Spiritual Life and Formation](https://www.pointloma.edu/offices/student-life-formation) (<https://www.pointloma.edu/offices/student-life-formation>).

State Authorization

State authorization is a formal determination by a state that Point Loma Nazarene University is approved to conduct activities regulated by that state. In certain states outside California, Point Loma Nazarene University is not authorized to enroll online (distance education) students. If a student moves to another state after admission to the program and/or enrollment in an online course, continuation within the program and/or course will depend on whether Point Loma Nazarene University is authorized to offer distance education courses in that state. It is the student's responsibility to notify the institution of change in his or her physical location. Refer to the map on [State Authorization](#)



(<https://www.pointloma.edu/offices/office-institutional-effectiveness-research/disclosures>) to view which states allow distance education outside of California.

PLNU Copyright Policy

Point Loma Nazarene University, as a non-profit educational institution, is entitled by law to use materials protected by the US Copyright Act for classroom education. Any use of those materials outside the class may violate the law.

PLNU Recording Notification

In order to enhance the learning experience, please be advised that this course may be recorded by the professor for educational purposes, and access to these recordings will be limited to enrolled students and authorized personnel.

Note that all recordings are subject to copyright protection. Any unauthorized distribution or publication of these recordings without written approval from the University (refer to the Dean) is strictly prohibited.

PLNU Academic Honesty Policy

Students should demonstrate academic honesty by doing original work and by giving appropriate credit to the ideas of others. Academic dishonesty is the act of presenting information, ideas, and/or concepts as one's own when in reality they are the results of another person's creativity and effort. A faculty member who believes a situation involving academic dishonesty has been detected may assign a failing grade for that assignment or examination, or, depending on the seriousness of the offense, for the course. For all student appeals, faculty and students should follow the procedures outlined in the University Catalog. Please consult the [Academic Honesty Policy](https://pointloma-public.courseleaf.com/tug-catalog/academic-general-policies/#academichonesty)  (<https://pointloma-public.courseleaf.com/tug-catalog/academic-general-policies/#academichonesty>) in the [University Catalog](https://pointloma-public.courseleaf.com/tug-catalog/academic-general-policies/)  (<https://pointloma-public.courseleaf.com/tug-catalog/academic-general-policies/>) for definitions of kinds of academic dishonesty and for further policy information.

PLNU Academic Behavior Policy

Both faculty and students at Point Loma Nazarene University have the right to expect a safe and ordered environment for learning. Students are expected to take the initiative to learn and conduct themselves in a mature and civil manner in the classroom environment. Any student behavior that is disruptive  threatening is a serious affront to Point Loma Nazarene University as a learning community. Students

who fail to adhere to these behavioral standards may be subject to disciplinary action, including removal from class or further university sanctions. For a full definition of disruptive behavior, response procedures, and the appeal process, please consult the [Academic Behavior Policy](https://pointloma-public.courseleaf.com/tug-catalog/academic-general-policies/#academicbehavior)  (<https://pointloma-public.courseleaf.com/tug-catalog/academic-general-policies/#academicbehavior>) in the [University Catalog](https://pointloma-public.courseleaf.com/tug-catalog/academic-general-policies/)  (<https://pointloma-public.courseleaf.com/tug-catalog/academic-general-policies/>).

PLNU Artificial Intelligence (AI) Policy

You are allowed to use Artificial Intelligence (AI) tools (e.g., ChatGPT, Gemini Pro GrammarlyGo, Perplexity, etc.) in this course. Any work that utilizes AI-based tools must be clearly identified as such, including the specific tool(s) used. Please use this Purdue resource to guide your citations when using AI.

PLNU Academic Accommodations Policy

PLNU is committed to providing equal opportunity for participation in all its programs, services, and activities in accordance with the Americans with Disabilities Act (ADA). Students with disabilities may request course-related accommodations by contacting the Educational Access Center (EAC), located in the Bond Academic Center, [by email \(mailto:EAC@pointloma.edu\)](mailto:EAC@pointloma.edu) or phone at 619-849-2533. Once a student's eligibility for an accommodation has been determined, the EAC will work with the student to create an Accommodation Plan (AP) that outlines approved accommodations. Professors are able to view a student's approved accommodations through Accommodate.

PLNU highly recommends that students speak with their professors during the first two weeks of each semester/term about the implementation of their approved accommodations in that particular course. Accommodations are not retroactive; as such, clarifying with the professor at the outset is one of the best ways to promote positive academic outcomes.

Students who need accommodations for a disability-related need should contact the EAC as early as possible (i.e., ideally before the beginning of the semester) to assure appropriate accommodations can be provided. In accordance with ADA, accommodations cannot constitute a fundamental alteration to course outcomes; therefore, planning ahead is vital in establishing appropriate accommodations for equal access to this course. It is the student's responsibility to make the first contact with the EAC. Students cannot assume that because they had accommodations in the past, their eligibility at PLNU is automatic. All determinations at PLNU must go through the EAC eligibility process. This is to protect the privacy of students with disabilities who may not want to disclose this information and are not asking for any accommodations.



Language and Belonging

Point Loma Nazarene University faculty are committed to helping create a safe and hospitable learning environment for all students. As Christian scholars, we are keenly aware of the power of language and believe in treating others with dignity. As such, it is important that our language be equitable, inclusive, and prejudice-free. Inclusive/Bias-free language is the standard outlined by all major academic style guides, including MLA, APA, and Chicago, and it is the expected norm in university-level work. Good writing and speaking do not use unsubstantiated or irrelevant generalizations about personal qualities such as age, disability, economic class, ethnicity, marital status, parentage, political or religious beliefs, race, gender, sex, or sexual orientation. Inclusive language also avoids using stereotypes or terminology that demeans persons or groups based on age, disability, class, ethnicity, gender, race, language, or national origin. Respectful use of language is particularly important when referring to those outside of the religious and lifestyle commitments of those in the PLNU community. By working toward precision and clarity of language, we mark ourselves as serious and respectful scholars, and we model the Christ-like quality of hospitality.

If you (or someone you know) have experienced other forms of discrimination, you can find more information on reporting and resources at the [PLNU Nondiscrimination webpage](http://www.pointloma.edu/nondiscrimination) (<http://www.pointloma.edu/nondiscrimination>).

If you (or someone you know) have experienced a bias incident regarding language, you can find more information on reporting and resources via the [Nondiscrimination and Anti-harassment Policy](http://www.pointloma.edu/nondiscrimination) (<http://www.pointloma.edu/nondiscrimination>).

Sexual Misconduct and Discrimination

In support of a safe learning environment, if you (or someone you know) have experienced any form of sexual discrimination or misconduct, including sexual assault, dating or domestic violence, or stalking, know that accommodations and resources are available through the [Title IX Office](https://www.pointloma.edu/title-ix) (<https://www.pointloma.edu/title-ix>). Please be aware that under Title IX of the Education Amendments of 1972, faculty and staff are required to disclose information about such misconduct to the [Title IX Office](https://www.pointloma.edu/title-ix) (<https://www.pointloma.edu/title-ix>).

If you wish to speak to a confidential employee who does not have this reporting responsibility, you can contact [Counseling Services \(mailto:counselingservices@pointloma.edu\)](mailto:counselingservices@pointloma.edu) or [consult the list of campus pastors \(https://www.pointloma.edu/title-ix/get-help-now\)](https://www.pointloma.edu/title-ix/get-help-now).

If you (or someone you know) has experienced other forms of discrimination or bias, you can find more information on reporting and resources via the [Nondiscrimination and Anti-harassment Policy](http://www.pointloma.edu/nondiscrimination) (<http://www.pointloma.edu/nondiscrimination>).



PLNU Attendance and Participation Policy

Regular and punctual attendance at all class sessions is considered essential to optimum academic achievement. If the student is absent for more than 10 percent of class sessions, the faculty member will issue a written warning of de-enrollment. If the absences exceed 20 percent, the student may be de-enrolled without notice until the university withdrawal date or, after that date, receive an "F" grade.

PLNU Course Modality Definitions

1. Online Courses: These are courses with class meetings where all instruction and interaction are fully online.
 1. Synchronous Courses: At least one class meeting takes place at a designated time.
 2. Asynchronous Courses: All class meetings are asynchronous.
 2. Hybrid Courses: These are courses with class meetings that take place both in the classroom and online synchronously and/or asynchronously.
 3. In-Person Courses: These are courses that meet in person with the instructor and students in a physical classroom setting. With approval by the area dean, this may include up to 25% of qualified class interactions through a Learning Management System (such as Canvas).
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Asynchronous Attendance/Participation Definition

A day of attendance in asynchronous content is determined as contributing a substantive note, assignment, discussion, or submission by the posted due date. Failure to meet these standards will result in an absence for that day. Instructors will determine how many asynchronous attendance days are required each week.

Use of Technology

In order to be successful in the online or hybrid environment, you'll need to meet the minimum technology and system requirements; please refer to the [Technology and System Requirements \(https://help.pointloma.edu/TDClient/1808/Portal/KB/ArticleDet?ID=108349\)](https://help.pointloma.edu/TDClient/1808/Portal/KB/ArticleDet?ID=108349) information. Additionally, students are required to have headphone speakers, microphone, or webcams compatible with their computer available to use. Please note that any course with online proctored exams requires a computer with a camera (tablets are not compatible nor allowable) to complete exams online.

Problems with technology do not relieve you of the responsibility of participating, turning in your assignments, or completing your class work.



Loma Writing Center

Getting feedback from the Loma Writing Center while you're in the process of working on an assignment is a great way to improve the quality of your writing and develop as a writer. You are encouraged to talk with a trained writing consultant about getting started on an assignment, organizing your ideas, finding and citing sources, revising, editing for grammar, and polishing final drafts, and more.

Walk-ins are welcome, but we recommend making an appointment in advance. For information about how to make in-person or online appointments, see [Loma Writing Center webpage](https://www.pointloma.edu/centers-institutes/loma-writing-center) (<https://www.pointloma.edu/centers-institutes/loma-writing-center>) or visit the Loma Writer Center on the first floor of the Ryan Library, room 221.

- [Appointment Calendar](https://plnu.mywconline.com/)  (<https://plnu.mywconline.com/>)
- [Website](https://www.pointloma.edu/centers-institutes/loma-writing-center) (<https://www.pointloma.edu/centers-institutes/loma-writing-center>)
- [Email](mailto:writingcenter@pointloma.edu) (<mailto:writingcenter@pointloma.edu>)

Lomabooks Instructions for Students

For both digital and print materials, please add these student instructions to your syllabus and Canvas Course. Prior to the start of class, the PLNU Bookstore will also be sharing student instructions in a standalone email on how to access their content.

This course is part of our course material delivery program, [LomaBooks](https://www.pointloma.edu/lomabooks) (<https://www.pointloma.edu/lomabooks>). The bookstore will provide each student with a convenient package containing all required physical materials; all digitally delivered materials will be integrated into Canvas.

You should have received an email from the bookstore confirming the list of materials that will be provided for each of your courses and asking you to select how you would like to receive any printed components (in-store pick up or home delivery). If you have not done so already, please confirm your fulfillment preference so the bookstore can prepare your [LomaBooks](https://www.pointloma.edu/lomabooks) (<https://www.pointloma.edu/lomabooks>) materials.

Assignments-at-a-Glance

The course summary below lists our assignments and their due dates. Click on any assignment to review it.

Course Summary:



Date	Details	Due
Mon Aug 31, 2026	 Academic Honesty Verification Statement https://canvas.pointloma.edu/courses/87490/assignments/1346989	due by 11:59pm
		
	 Course Orientation - Dr. Roubanis https://canvas.pointloma.edu/courses/87490/assignments/1346984	due by 11:59pm
		
	 Introduction: Module 1 - Introduction to Health and Well Being	to do: 11:59pm
Tue Sep 1, 2026	 Introduce Yourself https://canvas.pointloma.edu/courses/87490/assignments/1347026	due by 11:59pm
		
Wed Sep 2, 2026	 Health & Wellness Assessment https://canvas.pointloma.edu/courses/87490/assignments/1347046	due by 11:59pm
		
Thu Sep 3, 2026	 Faith: Joy & Happiness Assessment https://canvas.pointloma.edu/courses/87490/assignments/1347041	due by 11:59pm
		
Fri Sep 4, 2026	 Preparation for Final Exam https://canvas.pointloma.edu/courses/87490/assignments/1347001	due by 11:59pm
		
Tue Sep 8, 2026	 Vulnerability https://canvas.pointloma.edu/courses/87490/assignments/1347004	due by 11:59pm
		
	 Chapter 1: Sleeping Better	to do: 11:59pm



Date	Details	Due
	 Chapter 2 - Application Exercise: Mind-Body Communications Meditation https://canvas.pointloma.edu/courses/87490/assignments/1347037	due by 11:59pm
		
	 Self-care https://canvas.pointloma.edu/courses/87490/assignments/1347005	due by 11:59pm
		
	 Introduction: Module 2 - Achieving Wellness: The Mind-Body Connection	to do: 11:59pm
	 How to Make Stress Your Friend https://canvas.pointloma.edu/courses/87490/assignments/1347020	due by 11:59pm
		
	 Quiz: Chapters 1 & 2 https://canvas.pointloma.edu/courses/87490/assignments/1346881	due by 11:59pm
		
	 Attitude, Self-Concept, and Mental Health https://canvas.pointloma.edu/courses/87490/assignments/1347030	due by 11:59pm
		
	 3-Day Food Log....First step https://canvas.pointloma.edu/courses/87490/assignments/1347028	due by 11:59pm
		
	 Forgiveness https://canvas.pointloma.edu/courses/87490/assignments/1347018	due by 11:59pm
		
	 Stress Reducing Behaviors Survey https://canvas.pointloma.edu/courses/87490/assignments/1347049	due by 11:59pm
		



Date	Details	Due
Fri Sep 11, 2026	 Quiz: Chapters 3 & 4 https://canvas.pointloma.edu/courses/87490/assignments/1346884	due by 11:59pm
Mon Sep 14, 2026	 Introduction: Module 3 - Physical Health	to do: 11:59pm
	 Chapter 6 - Application Exercise: Why Diets Don't Work https://canvas.pointloma.edu/courses/87490/assignments/1347055	due by 11:59pm
Wed Sep 16, 2026	 Incorporating Movement and Meditation https://canvas.pointloma.edu/courses/87490/assignments/1347059	due by 11:59pm
	 Weight & Body Image https://canvas.pointloma.edu/courses/87490/assignments/1347017	due by 11:59pm
	 Body Image Survey	to do: 11:59pm
	 3-Day Food Log Activity https://canvas.pointloma.edu/courses/87490/assignments/1347027	due by 11:59pm
Thu Sep 17, 2026	 Health Benefits of Journaling https://canvas.pointloma.edu/courses/87490/assignments/1347000	due by 11:59pm
	 Healthiest Plate Contest https://canvas.pointloma.edu/courses/87490/assignments/1347018	due by 11:59pm
Fri Sep 18, 2026	 Behavioral Change Project - Part 1 https://canvas.pointloma.edu/courses/87490/assignments/1347031	due by 11:59pm



Date	Details	Due
	 Quiz: Chapters 5, 6 & 7 https://canvas.pointloma.edu/courses/87490/assignments/1346887	due by 11:59pm
		
Sat Sep 19, 2026	 Sleep Analysis Assignment https://canvas.pointloma.edu/courses/87490/assignments/1347048	due by 11:59pm
		
	 Chapter 9 - Application Exercise: Say NO https://canvas.pointloma.edu/courses/87490/assignments/1347059	due by 11:59pm
		
	 Junk Food & Junk Sex https://canvas.pointloma.edu/courses/87490/assignments/1347008	due by 11:59pm
		
Mon Sep 21, 2026	 Sexual Objectification https://canvas.pointloma.edu/courses/87490/assignments/1347016	due by 11:59pm
		
	 Introduction: Module 4 - Relational Health	to do: 11:59pm
	 Sexual Values Survey	to do: 11:59pm
Wed Sep 23, 2026	 Chapter 11 - Application Exercise: Protecting Against STI's & STDs https://canvas.pointloma.edu/courses/87490/assignments/1346995	due by 11:59pm
		
	 Childbirth Safety https://canvas.pointloma.edu/courses/87490/assignments/1347015	due by 11:59pm
		
	 Contraceptives Research https://canvas.pointloma.edu/courses/87490/assignments/1347007	due by 11:59pm
		



Date	Details	Due
	 Quiz: Chapters 8 & 9 https://canvas.pointloma.edu/courses/87490/assignments/1346883	due by 11:59pm
		
Thu Sep 24, 2026	 First Journal Submission https://canvas.pointloma.edu/courses/87490/assignments/1347043	due by 11:59pm
		
Fri Sep 25, 2026	 Quiz: Chapters 10 & 11 https://canvas.pointloma.edu/courses/87490/assignments/1346887	due by 11:59pm
		
	 Battling Bad Science https://canvas.pointloma.edu/courses/87490/assignments/1347022	due by 11:59pm
		
Mon Sep 28, 2026	 Chapter 12 - Application Exercise: The Immune System https://canvas.pointloma.edu/courses/87490/assignments/1347034	due by 11:59pm
		
	 Vaccines, Public Health, and Personal Decision-Making https://canvas.pointloma.edu/courses/87490/assignments/1347025	due by 11:59pm
		
	 Introduction: Module 5 - Disease Prevention	to do: 11:59pm
Wed Sep 30, 2026	 Cancer Prevention https://canvas.pointloma.edu/courses/87490/assignments/1347033	due by 11:59pm
		
	 Ethical Issues https://canvas.pointloma.edu/courses/87490/assignments/1347014	due by 11:59pm
		
	 Heart Disease https://canvas.pointloma.edu/courses/87490/assignments/1347023	due by 11:59pm
		



Date	Details	Due
Fri Oct 2, 2026	 Quiz: Chapters 12 & 13 (https://canvas.pointloma.edu/courses/87490/assignments/1346882)	due by 11:59pm
		
	 Application Exercise: Family Health History (https://canvas.pointloma.edu/courses/87490/assignments/1347029)	due by 11:59pm
		
Fri Oct 2, 2026	 Quiz: Chapters 14 & 15 (https://canvas.pointloma.edu/courses/87490/assignments/1346886)	due by 11:59pm
		
	 Second Journal Submission (https://canvas.pointloma.edu/courses/87490/assignments/1347047)	due by 11:59pm
		
Mon Oct 5, 2026	 Introduction: Module 6 - Drug Use & Abuse	to do: 11:59pm
Tue Oct 6, 2026	 Chapter 16 - Application Exercise: Prescription Drug Abuse (https://canvas.pointloma.edu/courses/87490/assignments/1347035)	due by 11:59pm
		
	 Drug Use & Abuse (https://canvas.pointloma.edu/courses/87490/assignments/1347012)	due by 11:59pm
		
Wed Oct 7, 2026	 Medicine Research - OTC Drugs vs Natural Alternatives (https://canvas.pointloma.edu/courses/87490/assignments/1347006)	due by 11:59pm
		
	 Chapter 18 - Application Exercise: Online Health Research (https://canvas.pointloma.edu/courses/87490/assignments/1347036)	due by 11:59pm
		
Thu Oct 8, 2026	 Tobacco & Alcohol Survey	to do: 11:59pm



Date	Details	Due
Fri Oct 9, 2026	 Quiz: Chapters 16, 17 & 18 (https://canvas.pointloma.edu/courses/87490/assignments/1346888)	due by 11:59pm
		
Mon Oct 12, 2026	 Third Journal Submission (https://canvas.pointloma.edu/courses/87490/assignments/1347050)	due by 11:59pm
		
Wed Oct 14, 2026	 Healthcare Choices (https://canvas.pointloma.edu/courses/87490/assignments/1347013)	due by 11:59pm
		
Fri Oct 16, 2026	 Introduction: Module 7 - Healthy Choices	to do: 11:59pm
Sat Oct 17, 2026	 Accidents & Injuries (https://canvas.pointloma.edu/courses/87490/assignments/1347021)	due by 11:59pm
		
	 Quiz: Chapters 19 & 20 (https://canvas.pointloma.edu/courses/87490/assignments/1347003)	due by 11:59pm
		
	 Chapter 21 - Application Exercise: Risk Assessment (https://canvas.pointloma.edu/courses/87490/assignments/1346996)	due by 11:59pm
		
	 End-of-Course Evaluation (https://canvas.pointloma.edu/courses/87490/assignments/1347040)	due by 11:59pm
		
	 Fourth Journal Submission (https://canvas.pointloma.edu/courses/87490/assignments/1347044)	due by 11:59pm
		
	 Behavioral Change Project - Part 2 (https://canvas.pointloma.edu/courses/87490/assignments/1347032)	due by 11:59pm
		



Date	Details	Due
Sun Oct 18, 2026	 Chapter 23 - Application Exercise: Protection Against Violence https://canvas.pointloma.edu/courses/87490/assignments/1346990	due by 11:59pm
		
	 Gratitude Conference (Asynchronous Option Available) https://canvas.pointloma.edu/courses/87490/assignments/1347045	due by 11:59pm
		
	 Chapter 24 - Application Exercise: Environmentally Conscientious https://canvas.pointloma.edu/courses/87490/assignments/1346985	due by 11:59pm
		
	 Healthy Environment https://canvas.pointloma.edu/courses/87490/assignments/1347010	due by 11:59pm
		
	 Quiz: Chapters 21 & 22 https://canvas.pointloma.edu/courses/87490/assignments/1346999	due by 11:59pm
		
	 Quiz: Chapters 23 & 24 https://canvas.pointloma.edu/courses/87490/assignments/1346998	due by 11:59pm
		
	 Application Exercise: How to Live to be 100	to do: 11:59pm
		
Mon Oct 19, 2026	 Final Application Exercise https://canvas.pointloma.edu/courses/87490/assignments/1347042	due by 11:59pm
		
	 Gratitude Conference - Asynchronous Discussion https://canvas.pointloma.edu/courses/87490/assignments/1347003	due by 11:59pm
		



Date	Details	Due
Tue Oct 20, 2026	 End-of-Life Issues (https://canvas.pointloma.edu/courses/87490/assignments/1347811) 	due by 11:59pm
Wed Oct 21, 2026	 Takeaways Discussion (https://canvas.pointloma.edu/courses/87490/assignments/1347824) 	due by 11:59pm

