













## TENTATIVE COURSE SCHEDULE OVERVIEW

Week	Day	Date	Topic	Assignment due*
1	Mon	1/8	Understanding Lifestyle as Medicine	Ch 1 quiz
	Wed	1/10	Fitness assessment	
	Fri	1/12	Empowering People to Change; Collaborating, Motivating, Goal-Setting, and Tracking	Ch 2 & 3 quizzes Fitness test results & survey due on Canvas (Sunday)
2	Mon	1/15 MLK Day: NO CLASS		
	Wed	1/17	Improving Health Through Exercise (Physical Activity Guidelines for Americans)	Ch 4 quiz
	Fri	1/19	<b>Field trip:</b> tour of weight shed, sport performance area	Wear clothes to move!
3	Mon	1/22	Resistance training	Read Physical Activity Guidelines for Americans Executive Summary & Green Exercise reading
	Wed	1/24	Review	
	Fri	1/26	<b>EXAM 1</b>	
4	Mon	1/29	The Nutrition-Health Connection	Ch 5 quiz

	Wed	1/31	Nutrition & Sustainability	Read Dietary Guidelines for Americans Executive Summary & Food Systems Transformation reading
	Fri	2/2	Finish nutrition	
5	Mon	2/5	Weight management, weight bias	Ch 6 quiz, weight bias video quiz
	Wed	2/7	Sleep	Ch 7 quiz
	Fri	2/9	Stress	Ch 8 quiz
6	Mon	2/12	Meditation, Mindfulness, Relaxation	Ch 9 quiz Mindfulness reflection
	Wed	2/14	Connection; Positively Positive	Ch 10 & 11 quizzes Sleep log
	Fri	2/16	Substance use disorder	Ch 12 quiz
7	Mon	2/19	Substance use disorder	
	Wed	2/21	Staying the course, <i>bring book</i>  Review	Ch 13 quiz Gratitude journal Screenshot of self-assessment
	Fri	2/23	<b>EXAM 2</b>	

8	Mon	2/26	Fitness assessment	End of semester wellness survey  final fitness assessment results  total weekly activity minutes  <b>FINAL EXAM</b> (take home, on Canvas)
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Quizzes on book chapters are by 11:59 pm BEFORE the class by which they are listed

Activity logs are due by 11:59 pm every Sunday evening