

Syllabus

Arizona State University
New College of Interdisciplinary Arts & Sciences
Division of Social & Behavioral Sciences

PSY 462

Health Psychology

Spring 2014 – Session C

Schedule Line Number: 25845

3 credit hours

Venue: Internet

Time: N/A

Days: N/A

Meeting Dates: 1/13/14 – 5/2/13

Class Format: iCourse

Instructor: T. M. Barratt, Ph.D.

Office: Online

Tel: (480) 779-9855 (mobile)

E-Mail: tmb@asu.edu (see *email policy p. 4*)

Office Hours: Online, by appointment

For information on the School of Social & Behavioral Sciences (SBS) policies, including accommodation for students with disabilities, accommodation for religious observances, academic misconduct, complaint procedures, grade appeal procedures, and other standing policies (e.g., sexual harassment, incompletes), contact the SBS office, FAB S140, West Campus, 602-543-6058.

Introduction

Health Psychology is an exciting and rapidly growing field within psychology, and it is my special area of interest. Because it is dear to my heart, it is very important to me that you enjoy this class, and that you come away with a solid foundation of knowledge regarding what health psychology is, where the field is going, and the role a psychologist can play in fostering better health for individuals; but also with a feeling of excitement about health psychology!

Learning Outcomes

By the end of this course, each student should demonstrate an ability to do the following:

1. Describe the variables determining the health challenges facing people from different socio-economic groups at different periods in the life span.
2. Explain how research contributes to the understanding of health, and evaluate and use research findings to investigate issues in health psychology.
3. Analyze the role of psychology in preventing illness and promoting wellness.
4. Discuss the role of health psychology as a profession that works with other disciplines to develop theory, conduct research, and engage in clinical practice.

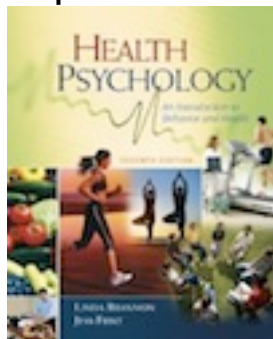
Prerequisites

To take this course you must have completed PSY 290 with a grade of C or higher.

Course Requirements

- Read this syllabus carefully. Most of your questions will be answered within this document.
- This is an Internet course and requires you to have access to a computer for the entire session. It is required that you are able to access the Blackboard site daily. To do so, you must have an ASURITE user ID and password. If you have problems with your ASURITE ID, you will need to contact <http://help.asu.edu>. You are responsible for having a reliable computer, internet connection, and web browser throughout the course. You will need Adobe Acrobat Reader (or another free reader) to view PDF files.
- Students are responsible for reading announcements and checking email for course messages **every day**. Students are also responsible for any information that is posted on the course site, including course documents and scores posted under “My Grades”.
- The student is responsible for keeping track of all deadlines. Mark them down where you are most likely to see the schedule of pending assignments/tests.
- Once you begin a test, you must finish it within the allotted time.
- All required information for this course, which includes textbook readings, articles, videos and lecture notes, are listed in the syllabus and posted on the class site.

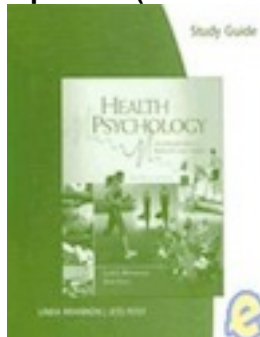
Required Text



Brannon, L., & Feist, J. (2010) [*Health psychology: An introduction to behavior and health \(7th edition\)*](#). Belmont, CA: Wadsworth. (ISBN-13: 9780495601326; ISBN-10: 0495601322).

You may buy or rent the textbook or an ebook for the semester. See your options at the ASU Bookstore or at any new or used textbook retailer.

Optional (Recommended) Study Guide



Brannon, L., & Feist, J. (2010). *Study guide for health psychology: An introduction to behavior and health*. Belmont, CA: Wadsworth.

Other readings, videos, etc. will be provided on the course site.

Email Policy

Students are expected to adhere to the following guidelines when corresponding via email:

- Use an official ASU email address for all correspondence with the instructor and other students. Please plan on checking your ASU email account daily for course-related messages. For help go to http://help.asu.edu/sims/selfhelp/SelfhelpKbView.seam?parature_id=8373-8193-4989.
- Check email daily for important announcements and correspondence
- Be resourceful! **Check the Syllabus and Announcements for the answer to your question first, before emailing the instructor or TA.** If a question is answered within the syllabus, you will be directed there.

- **In the subject line of every email** sent to the instructor or TA, include the course prefix, number, and section number: **PSY 462 #25845**. Messages without this information in the subject line will not be opened.
- Include first and last name at the end of every message
- Communicate respectfully and professionally at all times. Messages that are written in a demanding, abrupt, or otherwise disrespectful tone may not receive a response.
- If all of the above guidelines are followed, a response can be expected within 24-48 hours, with the exception of weekends, holidays, and university closures (e.g., Spring Break). Messages received on Fridays will be answered by Monday. If you have not received a response in this timeframe, please review your message and consider re-composing.
- Messages regarding assignments or exams that are sent within 48 hours of a deadline may not be answered in time. Prepare in advance and don't be left confused at the last minute!
- In accordance to privacy laws, grades cannot and will not be discussed over email, phone, or with third parties; please do not ask. Access to your grades and scores is solely through the Blackboard Grade Center ("My Grades").

Participation

Students are expected to participate actively and fully, in order to optimize the learning experience for all. Failure to fulfill expectations for participation will negatively affect the student's final course grade.

Evaluation & Grading

Grades are assigned based on the proportion of points earned out of total points available. Points are earned, not given; please do NOT ask for additional points if you find yourself on the cusp of a higher grade. It is recommended that each student take advantage of the extra credit opportunities offered, as they can provide that extra "boost" to increase one's grade. I round to the nearest whole number when determining grades (e.g., 97.5% and above becomes 98%, an 'A+'; a 97.4% is a 97% or an A). This grading schema may be different from other ASU courses you have taken.

A+	=	98 - 100%
A	=	93 - 97%
A-	=	90 - 92%
B+	=	88 - 89%
B	=	83 - 87%
B-	=	80 - 82%
C+	=	78 - 79%
C	=	70 - 77%
D	=	60 - 69%
E	=	59% and below
XE	=	Failure due to Academic Dishonesty (see 'Academic Integrity' below)

Honors Credit

Speak to the instructor if you are interested in completing an honors project in this course. It is up to the instructor and student to agree upon a suitable project within the first three weeks of the semester. It is the student's responsibility to ensure that all paperwork and protocol related to the honors program is completed and submitted on time. Honors projects must be submitted to the instructor for grading no later than three weeks prior to last day of class preceding finals week.

Incompletes

A mark of "I" (Incomplete) is given by the instructor when a student is otherwise doing acceptable work but is unable to complete the course because of illness or other conditions beyond her or his control. The student is required to arrange with the instructor for the completion of the course requirements. The arrangement must be recorded on the Request for Grade of Incomplete form

(<http://students.asu.edu/forms/incomplete-grade-request>). Incomplete grade requests must be approved by both the instructor and also the academic unit in order for the grade to be issued.

Withdrawals

Students should review the ASU academic calendar to obtain withdrawal dates. (Check with the Registrar's office if you need any clarification on dates.) It is the student's responsibility to officially withdraw from a class. If you stop participating in class and fail to withdraw yourself, you may receive a failing grade for the semester.

Grade Appeals

If a student believes that a test question or assignment was graded incorrectly, the student must produce a short document that includes the student's name, the date, the original exam question or assignment in its full and complete form, the student's answer, the correct answer according to the exam or assignment answer key, and a detailed discussion of why the student's answer is in fact correct. This discussion must cite the assigned readings, lectures and/or videos that she or he is using to support her or his argument, including page numbers. This document must be emailed to the instructor within 7 days, including weekends, of the score's posting. Changes to test or assignment grades will not be considered if this document is not received within this timeframe. It is important to bear in mind that when an assignment is re-evaluated, the new score may be higher, lower, or the same as the initial score. The re-evaluated score is final.

In addition to the course policies on appealing test or assignment grades, ASU has formal and informal channels to appeal a final grade. Students who wish to appeal any final grading decisions should see <http://catalog.asu.edu/appeal>. Students should keep all submitted and graded assignments until grades are finalized at the end of the semester.

Submitting Assignments

Assignment deadlines are based on Arizona time (MST). Students are expected to submit assignments electronically through the designated assignment links on Blackboard. Part of completing an assignment is to verify that the assignment was submitted/posted successfully. If the course contains any written assignments, acceptable document formats include .doc, docx, and .rtf. Other formats (e.g., Pages, WordPerfect) are not acceptable. **When attaching files to an assignment submission, students must verify that they can open their papers after submitting them. If attachments are unable to be opened, they will earn zero points.** See below, under *Technical Problems*, for suggested instructions on documenting your submissions.

Remember that it is the responsibility of each student to ensure that all coursework is submitted successfully and on time. It is not a known issue for assignments to "disappear" from Blackboard. To document that one's course work was submitted correctly and that it was double-checked, students are strongly encouraged to take a screenshot of the assignment/test (displaying the submission date and time *in Blackboard*) and to save the screenshot for later reference in the case of any discrepancies. For any discussion board posts, take a screenshot of the submitted post and entry, showing the date and time it was submitted. For any writing assignments, take a screenshot of the Safe Assignment page that will show all the details of the completed assignment (accessible by clicking on the View/Complete link again after submitting an assignment). For tests, take a screenshot of 'My Grades' where the score is shown. For information on how to take and save a screenshot, please see <http://take-a-screenshot.org/>. Make sure to allow time to take these screenshots prior to each deadline so that in case a human or computer error does occur; there is still time to resubmit before the deadline. A screenshot will serve as confirmation and documentation that the assignment was submitted successfully, in case any issue arises.

Late Assignments

Late work is not accepted except with approval given extenuating circumstances. Extension requests must be approved in advance of the due date of the assignment. Requests for excuses must be submitted to the instructor by email and contain a current draft of the assignment (whatever is completed by that point, even if the draft only contains rough notes). If approved, the extended deadline will be at the instructor's discretion.

In the event of an unexpected emergency, the student must contact the instructor as soon as possible after the missed deadline and provide official documentation of the emergency.

The following are examples of official documentation:

- Delivery of baby: scan and email a copy of the birth certificate or birth announcement
- Death in the family: scan and email a copy of the obituary or death certificate
- Car accident: scan and email a copy of the police report or car insurance report
- Illness: scan and email a note from the health care provider in which he/she states when you are able to submit assignments; I do not want any private information about your diagnosis, treatment, or finances.
- Serving in the military and engaged in some military action: scan and email a letter from your commanding officer on letterhead.

Other reasons such as oversleeping, forgetting the assignment, needing to stay late for work, working overtime, doing extra work, computer problems, car trouble, other commitments and obligations, etc., are not significant enough to warrant an exception. All the assignment dates are available the first day of class. Expect the unexpected; do not wait until the last minute to turn in assignments and some of these issues can be avoided.

Technical Problems

It is the responsibility of the student to navigate Blackboard successfully and deal with and address any technical problems that s/he may encounter over the duration of this course. The instructor is not responsible for any issues concerning loss of Internet connectivity, availability of Blackboard, faulty printers, computer crashes, or loss of USB drives.

In the event of any technical problems, it is the student's responsibility to contact the ASU Help Desk at 480-965-6500 (available 24/7) or visit <http://help.asu.edu>.

Only after all other avenues have been exhausted is the student to contact the instructor concerning technical issues. Considerations may or may not be given to the student. For any issues related to course content, please contact the instructor after referring to the Email Policy. **Do not wait until the last minute: No extensions or forgiveness will be granted if one chooses to wait until the last hour prior to a deadline to submit an assignment or test.**

Visit <http://syshealth.asu.edu> for Blackboard system status and planned outages. Students are responsible for managing their time in regards to course requirements and planned outages. Prior to taking an exam, be sure to check Blackboard's system health to ensure that the system is stable. If Blackboard is not functioning near an assessment or assignment deadline, students should check the health of Blackboard to make sure it is a system-wide issue. If there is not a system issue, contact the Help Desk and obtain a case number. Notify the instructor by sending the case number along with an attachment of the assignment before the deadline. This will serve as a timestamp. The assignment/assessment still needs to be submitted to Blackboard once it is functional. If there is a system-wide technical issue that does not resolve before the deadline, a deadline extension will be announced for the entire class.

Some students have encountered problems submitting assignments when using a classmate's

computer. If not logged out properly, the assignment may be submitted under the other student's (classmate's) account. Students are held responsible if an assignment is not submitted properly.

APA Format

Any written assignments must be formatted in the current edition of APA Style. Please refer to the latest APA Manual of Style or free web resources such as the [OWL Guide](#) for correct formatting of in-text citations and references.

Respect

Respect (for your classmates, your instructor, and yourselves) is of utmost importance in this class. In order for critical thinking and open communication to occur in the academic environment, all students must feel safe. Some material presented and discussed may be considered controversial or sensitive. Part of the college experience is being exposed to new ideas by your textbook, media, other classmates, and your instructor. You also will have the opportunity to share your own ideas, beliefs, and experiences as they relate to course material. Oftentimes we will discuss individual viewpoints that may differ among the class. Be mature and respectful at all times. It is very important to learn to disagree graciously with your peers and thoughtfully and critically formulate and express your own ideas! The material shared always needs to reflect an academic forum.

Disrespectful or disruptive behavior or language intended insult, demean, or stigmatize individuals or groups will not be tolerated and may lead to disciplinary action. Further, any student who expresses inappropriate and/or threatening behavior to the instructor or other students will be in contact with university officials in Student Affairs and ASU Campus Police. A student may be withdrawn immediately from this course and/or be put on probation or expelled. The instructor also has the option to file a police report and pursue criminal charges.

Classroom Etiquette

When using the forums to communicate with fellow students and the instructor, all students must use full sentences with correct spelling and grammar as well as punctuation. Do not use emoticons, abbreviations, or all capital letters. It can often be difficult to read someone's tone on a discussion board or via email; students should monitor their messages to ensure that they are respectful and appropriate. Any disrespectful, threatening, or inappropriate posts will be removed and the author will be subject to disciplinary action as described above. Please review the following website: <http://www.lc.unsw.edu.au/onlib/disc.html>

Student Standards

Students are required to read and act in accordance with university and Arizona Board of Regents policies, including the ABOR Code of Conduct: Arizona Board of Regents Policies 5-301 through 5-308: <https://azregents.asu.edu/rrc/Policy%20Manual/5-308-Student%20Code%20of%20Conduct.pdf>.

Academic Integrity

All students are responsible for reviewing and following ASU's policies on academic integrity at <http://provost.asu.edu/academicintegrity>. If a student fails to meet the standards of academic integrity in any of the criteria listed on the university policy website, sanctions will be imposed by the instructor, school, and/or dean. Academic dishonesty includes borrowing ideas without proper citation, copying others' work (including information posted online), and failing to turn in a student's own work for group projects. Please be aware that if a student follows an argument closely, even if it is not directly quoted, the student must provide a citation to the publication, including the author, date and page number. If a student directly quotes a source, the student must use quotation marks and provide the same sort of citation for each quoted sentence or phrase. Students may work with other students on assignments; however, all writing that each student submits must be done independently. If a student has any doubt about whether a form of cooperation is acceptable, she or he must ask the instructor before submitting an assignment. Submitting an assignment completed for

another course or submitting work that was completed for this same course in a previous semester is considered academic dishonesty.

Any student for whom cheating or plagiarism has been determined will fail this course. Please see the university policy on cheating and plagiarism.

Student Support and Disability Accommodations

ASU offers support services through Counseling (<http://students.asu.edu/counseling>), the Learning Resources Center (www.asu.edu/lrc), and the Disability Resource Center (<http://www.asu.edu/studentaffairs/ed/drc>). If you are a student in need of special arrangements, we will do all we can to help, based on the recommendations of these services. For the sake of equity for all students, we cannot make any accommodations without formal guidance in writing from these services.

Writing Center

Getting feedback: It's what writers do. The ASU Writing Centers offer in-person and online feedback at any stage of the writing process. Trained tutors can help writers:

- brainstorm
- plan papers
- organize content
- use and document sources
- revise for clarity, correctness, and flow

While tutors won't do your writing for you, they will work with you to improve your skills. Be sure to bring assignment instructions, source materials, and printed drafts to your appointment to get the most out of your experience. I encourage you to take advantage of this free service, to use it frequently, and to schedule your appointments early. Call any of the ASU Writing Centers below to book appointments:

- West – Fletcher Library LL2 (602) 543-6169
- Downtown Phoenix – Post Office L1-34 (602) 496-0354
- Polytechnic – Academic Center Building CNTR 92 (480) 727-2708
- Tempe – Hassayampa Mesquite Hall F124 (480) 965-6254
- Tempe – Palo Verde West Hub (480) 965-1021
- Tempe – Undergraduate Academic Services Building 140 (480) 965-4272
- Tempe – W.P. Carey BA 202 (480) 965-8076
- Online (480) 965-9072

Time Management

The course requires you to spend time preparing and completing assignments. ASU estimates that a 3-credit course will require approximately 135 hours of student work. Therefore expect to spend about 9 hours each week preparing for this course. Success in Internet courses depends on effective time management skills. It is recommended that you use your limited time wisely by placing all of your class assignment and test dates on a semester calendar, so you have a clear idea of what is due, and when. Break large assignments into smaller chunks that can be done in short time spans, such as during breaks in your class schedule, for example. Consider using daily to-do lists and prioritizing your tasks.

Disclaimers

Topics of a sensitive, mature, or controversial nature may be discussed in class or included in the reading and/or resource materials. Films and readings that may be considered as graphic by some audiences may be utilized in this course. You are still responsible for the course material and assignments connected to the course material and films even if they are considered sensitive and controversial. There are no "alternate" assignments. Every student has the same assignments to

complete in this course. If this concerns you, you must speak with the instructor at the start of the semester.

The material in this course may be emotionally demanding or at times even disturbing to some students. If ever you find yourself in an emotional crisis, you are encouraged to utilize the resources provided by ASU Counseling Services (<https://students.asu.edu/counseling>) or, in an acute emergency, to call 911 or go to the nearest emergency room.

All provisions in this syllabus are subject to revision by the instructor. The student is responsible for making note of all announcements concerning syllabus revisions and assignments.

Learning Units

- The course is composed of 5 learning units, as described in the textbook.
- Each of the learning units comprises reading assignments and their corresponding quiz, video/audio assignment, and one exam. A short PowerPoint presentation framing each chapter is also included. Chapters for Learning Units 4 and 5 will be combined in Exam 4.
- **Unit 1 will open when you successfully score 100% on the Syllabus Quiz. Each subsequent unit will open once you have submitted the previous unit's exam.** You have multiple opportunities to complete the Syllabus Quiz.
- To finish the course at an even pace, you need to complete each unit in about 3.5 weeks. I strongly suggest following the recommended deadlines. Without estimating study time, completing quizzes, video assignments, and exams for each unit will take at least 10 hours.
- All assignments must be completed in the specified sequence (you may not skip any). However, you may advance at a faster pace. There is no limit to how soon you can finish the course.
- To complete each unit, open the Learning Units folder and follow the directions. New units will become available to you as you complete them.

Chapter Quizzes

- You may not stop and restart a quiz, so take it only when you are ready to finish it. Take care not to close the window where the quiz is shown, since you will not be able to re-open it.
- Make sure you submit every quiz you open. Simply closing the quiz window is not enough. Blackboard will lock the unsubmitted quiz and you won't be able to complete any other work until I submit it for you (which may take up to 24 hours).
- If your browser shows the clock or other feature on top of navigation buttons, use the Tools menu (sometimes pressing F11) to get access to the full page.
- Each chapter quiz consists of 20 multiple choice questions from the book. You have 60 minutes to complete each quiz. This is an opportunity for you to learn about how questions are worded and make sure you study to understand the material. Think through each question; they are designed to assess understanding and not just memorization.

Audio-Visual Materials & Quizzes

- There is one video or audio program associated with each Learning Unit (5 total). To earn the points associated with the audio-visual material you must complete the corresponding multiple choice quiz.

Exams

- There will be four comprehensive exams containing 50 questions worth 2 points each, for a total of 100 points per exam. One attempt is allowed for each exam, timed at 90 minutes. It is recommended that you save your answers periodically as you go through the exams. All questions are multiple choice and will follow the same format as the quizzes. Questions in the exam will be similar to the questions in the quizzes, but they will be randomly selected from the pool for all chapters in the exam, so every student will have a different exam. However,

be aware that the questions and/or answers from the quizzes might be re-written. So, study to understand the material not to memorize questions and answers from the quizzes.

- Each exam will only assess information not covered on the previous exam. The exact material covered in each exam is listed on the class schedule.
- To help you make steady progress in the course, a recommended deadline has been set for the exam of each unit. There will be 10 extra points available for completing a unit exam on or before the recommended due date. However, if the Unit's Exam is not completed by 11:59 PM on the recommended due date, the opportunity to earn the extra points will be lost.

Journal Article Review Assignment

- For this assignment, select a topic that interests you and is related to the course. You will be comparing academic research findings on the topic with advice or information broadcasted in the popular press (e.g., magazines, newspapers, blogs/websites, YouTube). If possible, this assignment will be most interesting if you are able to find contradictory information: popular advice that is *not* supported by research or that is *contradicted* by recent research.
- Using the ASU Libraries website, locate a scholarly journal article published in one of the following peer-reviewed health psychology journals within the past 5 years (i.e., 2009 or newer):
 - Journal of Health Psychology
 - Health Psychology Review
 - Applied Psychology: Health and Well-Being
 - Journal of Occupational Health Psychology
 - Psychology, Health & Medicine
 - British Journal of Health Psychology
 - International Journal of Clinical and Health Psychology
- Your popular press media piece may come from any appropriate magazine, newspaper, blog/website, or YouTube clip, and must be related to the same topic as your scholarly journal article.
- Complete and submit the Journal Article Review document posted on Blackboard.
- This assignment is worth 100 points and requires critical thought. Learning to navigate and explore the library resources and locate peer-reviewed journal articles is part of this assignment.
- Your work must be original; it will be screened for plagiarism.

Attendance/Participation

- Preparation for class means studying the assigned readings and reviewing all information required for each learning unit. Since this is an online class, attendance and participation means completing assignments on time.

Study Tips

- Read the corresponding chapters as scheduled BEFORE completing the quiz. Although the quizzes are only worth 20 points, there are 16 chapters; it is in your benefit to earn all the credits you can.
- Study! Most successful students in this class spend a great deal of time learning the material. Although students have not found the material difficult to understand, they have found that it takes time and practice to learn the material to do well on exams.
- Study "actively." Don't simply re-read the text over and over – test yourself for understanding as you go along. Make the material meaningful to you (think of how it relates to other things you know), and you'll remember it better. The study guide (listed as a recommended text) may help you to study actively; there is also a useful glossary of terms and links at www.cengage.com/psychology/brannon/.

- Don't leave your work for the last minute. Many events can interfere with completing the assignments on time (no internet access, slow internet service, power loss).

Course Evaluation

The evaluation for this course will be conducted online 7-10 days before the last official day of classes for any given semester. The use of a course/instructor evaluation is an important process that allows our college to (1) help faculty improve their instruction, (2) help administrators evaluate instructional quality, (3) ensure high standards of teaching, and (4) ultimately improve instruction and student learning over time. Completion of the evaluation is not required for you to pass this class and will not affect your grade, but your cooperation and participation in this process is critical. About two weeks before the class finishes, watch for an e-mail with "ASU Course/Instructor Evaluation" in the subject heading. The email will be sent to your official ASU e-mail address, so make sure ASU has your current email address on file. Once the evaluation period opens, you may access all of your course evaluations at <http://evaluate.asu.edu>.

Course Schedule

***All quizzes and exams must be submitted no later than May 5, 2014, at 11:59 PM.** Extra credit (EC) points are offered for submitting exams by the recommended deadline (as described above).

Learning Unit	Assignment Name	Points Possible	Recommended* Deadline
	Personal Introduction Post	15	1/17
	Syllabus Quiz	15	1/17
<i>MARTIN LUTHER KING, JR., HOLIDAY JANUARY 20, 2014</i>			
1	Video: <i>In Sickness and in Wealth</i>	30	1/21
	Ch. 1: Introducing Health Psychology	20	1/21
	Ch. 2: Conducting Health Research	20	1/24
	Ch. 3: Seeking Health Care	20	1/31
	Ch. 4: Adhering to Medical Advice	20	2/7
	Exam Unit 1	100	+10 if submitted by 2/9
2	Ch. 5: Defining, Measuring, and Managing Stress	20	2/14
	Ch. 6: Understanding Stress and Disease	20	2/21
	Video: <i>When the Bough Breaks</i>	30	2/21
	Ch. 7: Understanding and Managing Pain	20	2/28
	Ch. 8: Considering Alternative Approaches	20	3/7
	Exam Unit 2	100	+10 if submitted by 3/9
	Journal Article Review Assignment	100	+10 if submitted by 3/9
<i>HAVE A SAFE & FUN SPRING BREAK! MARCH 9-16, 2014</i>			

Learning Unit	Assignment Name	Points Possible	Recommended* Deadline
3	Ch. 9: Behavioral Factors in Cardiovascular Disease	20	3/14
	Ch. 10: Behavioral Factors in Cancer	20	3/21
	Ch. 11: Living with Chronic Illness	20	3/28
	Video: <i>HIV and Me</i>	30	3/28
	Exam Unit 3	100	+10 if submitted by 3/30
4	Intro to Health Compromising Behaviors PowerPoint	<i>No Quiz</i>	4/1
	Ch. 12: Smoking Tobacco	20	4/4
	Ch. 13: Using Alcohol and Other Drugs	20	4/11
	Video: <i>CBS 60 Minutes Boosting Brain Power</i>	30	4/11
	Ch. 14: Eating and Weight	20	4/18
	Ch. 15: Exercising	20	4/25
	Audio: <i>Long Term Care</i>	30	4/25
5	Ch. 16: Future Challenges	20	5/2
	Exam Units 4 & 5	100	+10 if submitted by 5/4
	Total Points Possible	1000 (+50 EC)	