

****Disclaimer****

This syllabus is to be used as a guideline only. The information provided is a summary of topics to be covered in the class. Information contained in this document such as assignments, grading scales, due dates, office hours, required books and materials may be from a previous semester and are subject to change. Please refer to your instructor for the most recent version of the syllabus.

Course Syllabus

[Jump to Today](#)

 [Edit](#)

To print: MAC users press "⌘" + "P". PC users press "CTRL" + "P".



EXW 100: Introduction to Health and Wellness

Course and Faculty Information

Course Description: Current concepts in health, exercise, and wellness. Emphasizes personal health, theories, attitudes, beliefs, and behaviors.

Credits: 3

Prerequisites: None

Instructor: Dr. Shawn Hrncir

Contact Info:

Email: Shawn.Hrncir@asu.edu

Phone: +1(505) 730-1118

Office Hours: By appointment, via email, by phone, and video conference

Course Learning Outcomes

At the completion of this course, students will be able to:

1. Analyze and improve your current personal health and wellness status and behaviors in a variety of areas.
2. Define basic terms related to personal health and well-being.

3. Design and track a plan for personal behavior change.
4. Identify stages of behavior change.
5. Apply dietary guidelines to plan a healthy diet.
6. Compare conventional medicine and complementary and integrative medicine.
7. List common sources of stress.
8. Identify the health effects of sleep and of sleep deprivation.
9. Summarize risk factors and prevention strategies for violence.
10. Identify strategies that lower the risk of developing cardiovascular disease.
11. Identify the major types of pathogens, the diseases they cause, and possible treatments for them.

Textbooks

You are required to purchase the e-Text and Connect Online Access for the course. Your instructor has worked with the Follett Bookstore, ASU, and McGraw Hill to significantly discount this online e-text and Connect Code Access.

You will have access to the Connect eBook through the course once class starts. You will be charged for the Connect Online Access/eBook approximately two weeks after the Drop/Add deadline. The charge will appear on your tuition bill under the "Course Fee" section, item type: **Bkstr Publisher Negotiate Rate**.

If you DO NOT want to receive the Connect eBook through the course, you are welcome to "Opt-Out" and shop elsewhere. Please know that the Connect eBook materials are REQUIRED for the course and will be more expensive if purchased elsewhere.

How to "Opt Out":

https://youtu.be/7cBy__r4feo https://youtu.be/7cBy__r4feo



https://youtu.be/7cBy__r4feo

Text Title: Insel, Connect Core Concepts in Health Brief 17e © 2022

Author: Insel

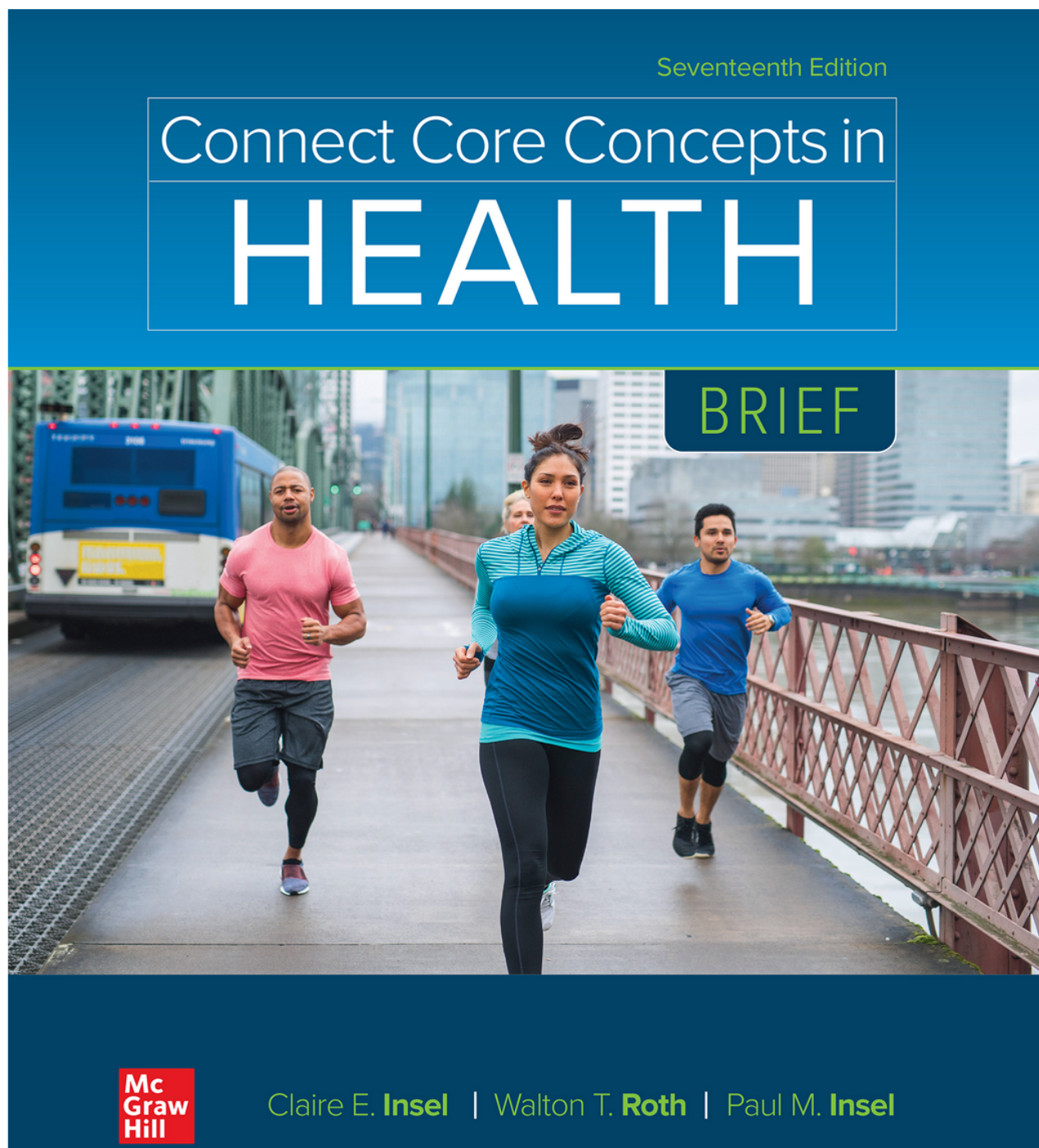
Edition: 17th Edition

Copyright Year: 2022

Publisher: McGraw Hill

ISBN10: 1264149115

ISBN13: 9781264149117



What if I want to add a hard/physical copy of the textbook to my Connect purchase?

I know some students like to procure and keep textbooks. You are welcome to do so as an optional additional purchase, but it is not required for this course. If you are looking to procure a low-cost hard

copy of the textbook, I recommend one of two options:

1. Online within Connect: Connect offers the ability for you to procure a Loose-Leaf copy of the text for approximately \$25.00 including shipping and handling.
2. The ASU Bookstore: The bookstore will offer a "loose leaf print upgrade" available only for students participating with the Connect e-book.

Note: *To ensure that only participating students can purchase, the book info for the upgrade will NOT appear in the course listing until the first day of classes. At that time, students may purchase either through the Bookstore website or in-person. In-person customers will need to ask for the upgrade at the Text Info counter, as we need to verify enrollment in the program.*

Once I have the textbook, is there an App I can access the textbook with?

Yes. The App you will want to use to access the textbook once you have it is "Read Anywhere". You will need your Connect login and password after you download the App.

IMPORTANT: *Failing to acquire Connect (which includes the eBook) by the beginning of the course is not sufficient justification for late work. Additional course materials will be provided via Canvas. This exact textbook is required. This textbook was chosen for this course because of its relevant content and readability. No edition other than the one listed will suffice.*

WHO DO I CALL IF I NEED ASSISTANCE WITH THE MCGRAW HILL ONLINE TEXT OR CONNECT ASSIGNMENT PLATFORM?

CONNECT STUDENT SUPPORT

WEBSITE: <http://mhhe.com/support> [.\(http://mhhe.com/support\)](http://mhhe.com/support)

PHONE LINE: **855-423-9041**

Support Hours:

Monday - Thursday: 7:00 a.m. to 3:00 a.m. CST

Friday: 7:00 a.m. to 8:00 p.m. CST

Saturday: 9:00 a.m. to 7:00 p.m. CST

Sunday: 11:00 a.m. to 1:00 a.m. CST

You must register with Connect to access all Connect assignments for this course.

During the first two weeks of class, there is a two week free trial registration period. This free trial option ENDS FOR EVERYONE at the end of the 2nd week of registering for Connect. In other words, you cannot access the free trial AFTER the 14th day of having registered for it. To access your free trial, click on an assignment in any CONNECT folder (see modules), and you will land on the course

connect page where you can register.

BE CAREFUL ABOUT PURCHASING THE BOOK AND CONNECT CODE THROUGH AMAZON OR OTHER WEBSITES. SOMETIMES THESE SITES PROVIDE A CODE THAT HAS ALREADY BEEN USED, AND YOU WILL NOT BE ABLE TO ACCESS THE COURSE IF THIS IS THE CASE.

IF YOU PURCHASE THE BOOK THROUGH THE BOOKSTORE, UPON PURCHASE YOU WILL BE SENT CONNECT ACCESS CODE. THIS IS USUALLY DONE THROUGH FEDEX AND CAN TAKE UP TO TWO WEEKS. DURING THIS TIME, YOU SHOULD USE THE TWO WEEK FREE TRIAL PERIOD OFFERED THROUGH CONNECT.

Course Access

Your ASU courses can be accessed by both my.asu.edu [_\(http://my.asu.edu\)_](http://my.asu.edu) and myasucourses.asu.edu [_\(http://myasucourses.asu.edu\)_](http://myasucourses.asu.edu); bookmark both in the event that one site is down.

Computer Requirements

This is a fully online course; therefore, it requires a computer with internet access and the following technologies:

- Web browsers ([Chrome](https://www.google.com/chrome) [_\(https://www.google.com/chrome\)_](https://www.google.com/chrome), [Mozilla Firefox](http://www.mozilla.org/en-US/firefox/new/) [_\(http://www.mozilla.org/en-US/firefox/new/\)_](http://www.mozilla.org/en-US/firefox/new/), or [Safari](http://www.apple.com/safari/) [_\(http://www.apple.com/safari/\)_](http://www.apple.com/safari/))
- [Adobe Acrobat Reader](http://get.adobe.com/reader/) [_\(http://get.adobe.com/reader/\)_](http://get.adobe.com/reader/) (free)
- [Adobe Flash Player](http://get.adobe.com/flashplayer/) [_\(http://get.adobe.com/flashplayer/\)_](http://get.adobe.com/flashplayer/) (free)
- Webcam, microphone, headset/earbuds, and speaker
- Microsoft Office ([Microsoft 365 is free](https://myapps.asu.edu/app/microsoft-office-2016-home-usage) [_\(https://myapps.asu.edu/app/microsoft-office-2016-home-usage\)_](https://myapps.asu.edu/app/microsoft-office-2016-home-usage) for all currently-enrolled ASU students)
- Reliable broadband internet connection (DSL or cable) to stream videos.

Note: A smartphone, iPad, Chromebook, etc. will not be sufficient for completing your work in ASU Online courses. While you will be able to access course content with mobile devices, you must use a computer for all assignments, quizzes, and virtual labs.

Help

For technical support, use the Help icon in the black global navigation menu in your Canvas course or call the ASU Help Desk at [+1-\(855\) 278-5080](tel:+18552785080). Representatives are available to assist you 24 hours a day, 7 days a week.

Student Success

To be successful:

- check the course daily
- read announcements
- read and respond to course email messages as needed
- complete assignments by the due dates specified
- communicate regularly with your instructor and peers
- create a study and/or assignment schedule to stay on track
- access **ASU Online Student Resources** [_\(http://goto.asuonline.asu.edu/success/online-resources.html\)](http://goto.asuonline.asu.edu/success/online-resources.html)

Course Activities

Reading Assignments with Quiz Questions:

Weekly reading assignments for all assigned chapters, listed in each week's module in Canvas, must be read prior to beginning activities in the modules. Students will be quizzed on each assigned chapter DURING the reading assignment. Each reading (with quiz questions) assignment is worth 100 points, and you are required to answer the quiz questions as you complete the reading assignments.

Wellness Worksheets and Assessments:

Wellness worksheets and personal health assessments are an important part of this course. Students will learn important health information and analyze current health and wellness status and behaviors in a variety of areas by completing these assignments.

Video Assignments:

Students will view relevant videos and answer reflective questions regarding content learned.

Concept Review Assignments

Students will complete key term and concept homework assignments based on course readings and audio/video content.

Internet Assignments:

Students will explore course concepts through brief Internet based assessments and research assignments.

Discussions:

Students will engage in discussions focused on course content, with the final discussion reflecting progress made on the health behavior change contract.

Grading

Your grade will be determined based on the following grading schema, and based on total points earned divided by total points available:

Grade	Percentage
A+	100% - 97%
A	<97-94%
A-	<94-90%
B+	<90-87%
B	<87-84%
B-	<84-80%
C+	<80-77%
C	<77-70%
D	<70-60%
E	<60%

Satisfactory Y Grade

A Y (Satisfactory) grade is considered the equivalent of a C or better, and is available at the discretion of the instructor. The Y grade is an option for this class. To request the Y grading option, you must email your request to the instructor by the last day of class. All students should review their major map for (1) grade requirements for this course, and (2) grade requirements as a prerequisite for future required coursework. You should contact your advisor with questions about how a Y grade may impact your DARS or graduate school applications. A Y grade is not used for computing your GPA and does not affect your GPA.

Submitting Assignments

All assignments, unless otherwise announced, **MUST** be submitted to the designated area of Connect or Canvas. Do not submit an assignment via email.

Assignment due dates follow Arizona Standard time. Click the following link to access the **Time Converter** [_\(http://www.thetimezoneconverter.com/\)_](http://www.thetimezoneconverter.com/) to ensure you account for the difference in Time Zones. Note: Arizona does not observe daylight savings time.

Grading Procedure

Grades reflect your performance on assignments and adherence to deadlines. Grades on assignments will be available within one week of the due date in the Grade book.

Drop and Add Dates/Withdrawals

This course adheres to a compressed schedule and may be part of a sequenced program, therefore, there is a limited timeline to **drop or add the course** [_\(https://students.asu.edu/academic-calendar\)_](https://students.asu.edu/academic-calendar). Consult with your advisor and notify your instructor to add or drop this course. If you are considering a withdrawal, review the following ASU policies: **Withdrawal from Classes** [_\(http://www.asu.edu/aad/manuals/ssm/ssm201-08.html\)_](http://www.asu.edu/aad/manuals/ssm/ssm201-08.html), **Medical/Compassionate Withdrawal** [_\(http://www.asu.edu/aad/manuals/ssm/ssm201-09.html\)_](http://www.asu.edu/aad/manuals/ssm/ssm201-09.html), and a **Grade of Incomplete** [_\(http://www.asu.edu/aad/manuals/ssm/ssm203-09.html\)_](http://www.asu.edu/aad/manuals/ssm/ssm203-09.html).

Grade Appeals

Grade disputes must first be addressed by discussing the situation with the instructor. If the dispute is not resolved with the instructor, the student may appeal to the department chair per the **University Policy for Student Appeal Procedures on Grades** [_\(https://catalog.asu.edu/appeal\)_](https://catalog.asu.edu/appeal).

If you wish to discuss a grade, you must do so within 1 WEEK after the score for that assignment is posted. If you have evidence that an assignment was not received and a grade not recorded, you must let the instructors know within 3 WEEKS of the assignment due date.

Your discovery of missing assignments and grades from the beginning of the semester at the end of the semester will not result in a re-evaluation.

YOU ARE RESPONSIBLE FOR CHECKING YOUR GRADES THROUGHOUT THE SEMESTER TO ENSURE THAT ALL GRADES AND SUBMISSIONS ARE RECORDED.

Grading Procedure

Graded assignments will be available within one week of submission of the due date via the Grade Center. Final grades are based on point accumulations.

Course Writing Expectations

This is a lower division course. However, it is expected that your writing for all assignments (including discussion boards) demonstrate appropriate professional quality. Your writing should be yours, thorough, substantive, cohesive, and have proper paragraph/sentence structure and correct grammar and spelling.

DO NOT WRITE IN TEXT LANGUAGE, ALL LOWER CASE LETTERS, ETC. LIKE YOU ARE USING SOCIAL MEDIA. Please utilize the ASU Online Writing Studio for needed support.

Written assignments must:

- be typed in a 12 point Times New Roman font,
- include paragraphs at appropriate intervals,
- have a sensible organization that flows, and
- have perfect spelling and grammar (students will lose half of a point (.5) for each spelling and/or grammar error)

Late or Missed Assignments

Notify the instructor **BEFORE** an assignment is due if you are unable to submit the assignment on time due to illness or an urgent or emergency situation arises. **If you do not contact the instructor PRIOR TO the due date and time, the assignment WILL NOT be accepted for any reason. You must submit medical or other requested relevant documentation as evidence of illness, urgent, or emergency situations.**

If you are having technical difficulty submitting an assignment on Canvas or in Connect, YOU MUST contact your instructor before the due date and time of the assignment. YOU MUST contact Canvas Support or Connect Support BEFORE the assignment due date and time to request assistance and a tracking number of the call for the issue, and you must provide this documentation upon request by your instructor.

IF YOU DO NOT HAVE THE ABOVE OUTLINED DOCUMENTATION, YOUR ASSIGNMENT WILL NOT BE ACCEPTED.

Follow the appropriate University policies to request an [accommodation for religious practices \(http://www.asu.edu/aad/manuals/acd/acd304-04.html\)](http://www.asu.edu/aad/manuals/acd/acd304-04.html) or to accommodate a missed assignment [due to University-sanctioned activities \(http://www.asu.edu/aad/manuals/acd/acd304-02.html\)](http://www.asu.edu/aad/manuals/acd/acd304-02.html).

Communicating With the Instructor

Community Forum

This course uses a discussion topic called "Community Forum" for general questions and comments about the course. Prior to posting a question or comment, check the syllabus, announcements, and existing posts to ensure it's not redundant. You are encouraged to respond to the questions of your classmates.

The Community Forum should be used for questions about due dates, assignment instructions, etc.

PLEASE DO NOT SEND THE INSTRUCTOR EMAILS ABOUT THESE TYPES OF QUESTIONS.

Prior to posting a question, please check the syllabus, announcements, and existing posts. If you do not find an answer, post your question in "Hallway Conversations". You are encouraged to respond to the questions of your classmates, and your instructor will check the "Hallway" regularly to post answers as needed.

PLEASE DO email the instructor about the following:

- questions of a personal nature (e.g., life events impacting performance in the course, personal questions about the content, concerns about grades, etc...)
- issues with submission problems (for example, Canvas kicks you out in the middle of a quiz attempt).

It is important that you understand that the Community forum does not mean the instructor is unavailable. The instructor will make every effort to respond within 48 hours. If you don't hear back from the instructor or another student within 48 hours, please send an email to the instructor to ensure you get the instructor's attention. Any oversights or lack of responses are not intentional, so please give the instructor every opportunity to respond.

Email questions of a personal nature to your instructor. You can expect a response within 48 hours.

Chat

The Chat tool in Canvas allows students and teachers to interact in real time. Use Chat only for informal course-related conversations unless your instructor informs you otherwise. Chat is not ideal for questions about assignments; instructors are not required to monitor it and conversations may be buried or lost.

Furthermore, Yellowdig discussions are used for group conversations only in this course. For this reason, the instructor does not monitor direct messages. Course-related issues are not to be shared through Yellowdig.

Email

ASU email is an **official means of communication** [_\(http://www.asu.edu/aad/manuals/ssm/ssm107-03.html\)](http://www.asu.edu/aad/manuals/ssm/ssm107-03.html) among students, faculty, and staff. Students are expected to read and act upon email in a timely fashion. Students bear the responsibility of missed messages and should check their ASU-assigned email regularly.

All instructor correspondence will be sent to your ASU email account.

Military Personnel Statement

A student who is a member of the National Guard, Reserve, or other U.S. Armed Forces branch and is unable to complete classes because of military activation may request complete or partial administrative unrestricted withdrawals or incompletes depending on the timing of the activation. For information, please see <http://www.asu.edu/aad/manuals/ssm/ssm201-18.html> (<http://www.asu.edu/aad/manuals/ssm/ssm201-18.html>)

ASU Online Course Policies

View the [ASU Online Course Policies](https://asuonline-dev.asu.edu/qm-template/CanvasQM/qm-policies.html) (<https://asuonline-dev.asu.edu/qm-template/CanvasQM/qm-policies.html>)

Title IX

Title IX is a federal law that provides that no person be excluded on the basis of sex from participation in, be denied benefits of, or be subjected to discrimination under any education program or activity. Both Title IX and university policy make clear that sexual violence and harassment based on sex is prohibited. An individual who believes they have been subjected to sexual violence or harassed on the basis of sex can seek support, including counseling and academic support, from the university. If you or someone you know has been harassed on the basis of sex or sexually assaulted, you can find information and resources at <https://sexualviolenceprevention.asu.edu/faqs> (<https://sexualviolenceprevention.asu.edu/faqs>).

As a mandated reporter, I am obligated to report any information I become aware of regarding alleged acts of sexual discrimination, including sexual violence and dating violence. ASU Counseling Services, <https://eoss.asu.edu/counseling> (<https://eoss.asu.edu/counseling>) is available if you wish to discuss any concerns confidentially and privately. ASU online students may access 360 Life Services, <https://goto.asuonline.asu.edu/success/online-resources.html> (<https://goto.asuonline.asu.edu/success/online-resources.html>)

Prohibition of Public Distribution of Course Materials

This syllabus and all other course materials (PowerPoint slides, handouts, assignments, quizzes, exams, digital recordings, etc.) are intellectual property of Arizona State University and are not to be publicly distributed or otherwise commercialized since these materials are copyright protected. Publishing, uploading, linking, redistributing, and/or downloading course material or shared student work to other websites or any other form of sharing may subject students to penalties for academic misconduct. Such materials are for sole use in that designated semester. It cannot be used in any other form unless via a written statement of approval from the instructor of record.

IF YOU UPLOAD ANY COURSE MATERIALS, INCLUDING COMPLETED ASSIGNMENTS TO ANY WEBSITE OTHER THAN THIS COURSE IN THE ASU CANVAS PLATFORM, YOUR INSTRUCTOR WILL

TAKE ACTION AND REFER YOU TO THE COLLEGE OF HEALTH SOLUTIONS ACADEMIC INTEGRITY OFFICER FOR VIOLATING THE **ACADEMIC INTEGRITY** [_ \(https://provost.asu.edu/academic-integrity/policy?_ga=2.116430083.409472087.1628544949-1649774537.1618965978\)](https://provost.asu.edu/academic-integrity/policy?_ga=2.116430083.409472087.1628544949-1649774537.1618965978) AGREEMENT.

Prohibition of Commercial Note Taking Services

In accordance with **ACD 304-06 Commercial Note Taking Services** [_ \(http://www.asu.edu/aad/manuals/acd/acd304-06.html\)](http://www.asu.edu/aad/manuals/acd/acd304-06.html), written permission must be secured from the official instructor of the class in order to sell the instructor's oral communication in the form of notes. Notes must have the notetaker's name as well as the instructor's name, the course number, and the date.

Commercial note taking services are prohibited without written permission from the instructor of record in accordance with ACD 304-06 available at <http://www.asu.edu/aad/manuals/acd/acd304-06.html> [_ \(http://www.asu.edu/aad/manuals/acd/acd304-06.html\)](http://www.asu.edu/aad/manuals/acd/acd304-06.html). This includes PowerPoint slides, PowerPoint slides with audio, or any other recorded presentation.

It cannot be used in any other form unless via a written statement of approval from the instructor of record. Commercial note taking services are prohibited without written permission from the instructor of record in accordance with ACD 304-06 available at <http://www.asu.edu/aad/manuals/acd/acd304-06.html> [_ \(http://www.asu.edu/aad/manuals/acd/acd304-06.html\)](http://www.asu.edu/aad/manuals/acd/acd304-06.html). This includes Power Point slides and Power Point slides with audio.

Accessibility Statements

View the **ASU Online Student Accessibility** [_ \(https://asuonline-dev.asu.edu/qm-template/CanvasQM/qm-accessibility.html\)](https://asuonline-dev.asu.edu/qm-template/CanvasQM/qm-accessibility.html) page to review accessibility statements for common tools and resources used in ASU Online courses.

If any other tools are used in this course, links to the accessibility statements will be listed below this sentence.

Syllabus Disclaimer

The syllabus is a statement of intent and serves as an implicit agreement between the instructor and the student. Every effort will be made to avoid changing the course schedule but the possibility exists that unforeseen events will make syllabus changes necessary. Remember to check your ASU email and the course site often.

Acknowledgment of Content Statement

This course contains content that may impact the affective domain of students. Information and






instruction in this course is not intended to be a substitute for competent professional medical or psychological diagnosis or care. Students are encouraged to utilize Student Support Services and other professional emotional and mental health resources as needed.










Study Abroad Opportunities








Review related program study abroad opportunities by clicking on this link:









[You Can Study Abroad! \(https://docs.google.com/document/d/1b5hSqRYF48xjwn-3-SghQveQ61wngG21_IPXjbd0LQs/edit?usp=sharing\)](https://docs.google.com/document/d/1b5hSqRYF48xjwn-3-SghQveQ61wngG21_IPXjbd0LQs/edit?usp=sharing)









Course Summary:








Date	Details	Due
	 <u>Module 0: Academic Integrity Agreement</u> (https://canvas.asu.edu/courses/95274/assignments/2435877)	due by 11:59pm
Sun Aug 22, 2021	 <u>Syllabus Quiz</u> (https://canvas.asu.edu/courses/95274/assignments/2435878)	due by 11:59pm
	 <u>Behavior Outcomes Assignments</u> (https://canvas.asu.edu/courses/95274/assignments/2496298)	due by 11:59pm
Wed Aug 25, 2021	 <u>Module 1: Yellowdig Discussion Introduction DUE by Wednesday August 25th</u> (https://canvas.asu.edu/courses/95274/assignments/2435888)	due by 11:59pm
Sun Aug 29, 2021	 <u>Module 1 Smartbook Student Overview</u> (https://canvas.asu.edu/courses/95274/assignments/2435883)	due by 11:59pm

Date	Details	Due
	 <u>Module 1: Chapter 1 Taking Charge of Your Health</u> (https://canvas.asu.edu/courses/95274/assignments/2435880)	due by 11:59pm
	 <u>Module 1: Key Terms</u> (https://canvas.asu.edu/courses/95274/assignments/2435881)	due by 11:59pm
	 <u>Module 1: The Stages of Change Model</u> (https://canvas.asu.edu/courses/95274/assignments/2435884)	due by 11:59pm
	 <u>Module 1: Wellness Worksheet: Behavior Change Contract</u> (https://canvas.asu.edu/courses/95274/assignments/2435885)	due by 11:59pm
	 <u>Module 1: Wellness Worksheet: Wellness Profile</u> (https://canvas.asu.edu/courses/95274/assignments/2435887)	due by 11:59pm
	 <u>Module 1: Wellness Worksheets: Evaluate Your Lifestyle</u> (https://canvas.asu.edu/courses/95274/assignments/2435886)	due by 11:59pm
Sun Sep 5, 2021	 <u>Module 2 Chapter 3: Psychological Health</u> (https://canvas.asu.edu/courses/95274/assignments/2435890)	due by 11:59pm
	 <u>Module 2 Chapter 4: Sleep</u> (https://canvas.asu.edu/courses/95274/assignments/2435891)	due by 11:59pm
	 <u>Module 2 Reading Assignment: Sleep and Its Relation to Health</u> (https://canvas.asu.edu/courses/95274/assignments/2435892)	due by 11:59pm

Date	Details	Due
	/95274/assignments/2435892	
	 <u>Module 2: Chapter 2 Stress: The Constant Challenge</u> https://canvas.asu.edu/courses/95274/assignments/2435889	due by 11:59pm
	 <u>Module 2: Wellness Worksheet: Are You Suffering from a Mood Disorder?</u> https://canvas.asu.edu/courses/95274/assignments/2435893	due by 11:59pm
	 <u>Module 2: What Stresses You Out?</u> (https://canvas.asu.edu/courses/95274/assignments/2435895)	due by 11:59pm
	 <u>Module 3 Chapter 5: Intimate Relationships and Communication</u> https://canvas.asu.edu/courses/95274/assignments/2435897	due by 11:59pm
Sun Sep 12, 2021	 <u>Module 3 Chapter 6: Sexuality, Pregnancy, and Childbirth</u> (https://canvas.asu.edu/courses/95274/assignments/2435900)	due by 11:59pm
	 <u>Module 3 Chapter 7: Contraception and Abortion</u> https://canvas.asu.edu/courses/95274/assignments/2435902	due by 11:59pm
	 <u>Module 3 Test Your Sexual Knowledge and Attitudes</u> https://canvas.asu.edu/courses/95274/assignments/2435905	due by 11:59pm

Date	Details	Due
	 <u>Module 3 Wellness Worksheet: Are You Emotionally Intelligent?</u> (https://canvas.asu.edu/courses/95274/assignments/2435906)	due by 11:59pm
	 <u>Module 3: Reading Assignment: Postabortion Care and Possible Physical Effects</u> (https://canvas.asu.edu/courses/95274/assignments/2435904)	due by 11:59pm
	 <u>Module 3: Wellness Worksheet: The General Well-Being Scale</u> (https://canvas.asu.edu/courses/95274/assignments/2435907)	due by 11:59pm
	 <u>Module 4 Chapter 9 Alcohol and Tobacco</u> (https://canvas.asu.edu/courses/95274/assignments/2435910)	due by 11:59pm
	 <u>Module 4 Video: College Health Report: Dating Violence</u> (https://canvas.asu.edu/courses/95274/assignments/2435913)	due by 11:59pm
Sun Sep 19, 2021	 <u>Module 4: Chapter 17 Personal Safety</u> (https://canvas.asu.edu/courses/95274/assignments/2435908)	due by 11:59pm
	 <u>Module 4: Chapter 8 Drug Use and Addiction</u> (https://canvas.asu.edu/courses/95274/assignments/2435909)	due by 11:59pm
	 <u>Module 4: Internet Activity: Addictive Behavior Assessment</u> (https://canvas.asu.edu/courses/95274/assignments/2435912)	due by 11:59pm

Date	Details	Due
Sun Sep 26, 2021	 <u>Module 4: Yellowdig Discussion Personal Safety DUE by Sunday September 19th</u> (https://canvas.asu.edu/courses/95274/assignments/2435914)	due by 11:59pm
	 <u>Module 5 Chapter 10: Nutrition Basics</u> (https://canvas.asu.edu/courses/95274/assignments/2435915)	due by 11:59pm
	 <u>Module 5 Chapter 12 Weight Management</u> (https://canvas.asu.edu/courses/95274/assignments/2435919)	due by 11:59pm
	 <u>Module 5: Chapter 11 Exercise for Health and Fitness</u> (https://canvas.asu.edu/courses/95274/assignments/2435916)	due by 11:59pm
	 <u>Module 5: Internet Activity: Fitness Assessment and Program Planning</u> (https://canvas.asu.edu/courses/95274/assignments/2435924)	due by 11:59pm
	 <u>Module 5: Wellness Assessments</u> (https://canvas.asu.edu/courses/95274/assignments/2435929)	due by 11:59pm
	 <u>Module 5: Wellness Worksheet: Food Safety Quiz</u> (https://canvas.asu.edu/courses/95274/assignments/2435934)	due by 11:59pm
Sun Oct 3, 2021	 <u>Module 6: Chapter 13 Cardiovascular Health and Cancer</u> (https://canvas.asu.edu/courses/95274/assignments/2435939)	due by 11:59pm

Date	Details	Due
	 <u>Module 6: Chapter 14 Immunity and Infection</u> https://canvas.asu.edu/courses/95274/assignments/2435943	due by 11:59pm
	 <u>Module 6: Chapter 16 Conventional and Complementary Medicine</u> https://canvas.asu.edu/courses/95274/assignments/2435948	due by 11:59pm
	 <u>Module 6: Conventional Medicine vs. Complementary and Alternative Medicine (CAM)</u> https://canvas.asu.edu/courses/95274/assignments/2435952	due by 11:59pm
	 <u>Module 6: Video College Health Report: Tattoos</u> https://canvas.asu.edu/courses/95274/assignments/2435956	due by 11:59pm
	 <u>Module 6: Wellness Worksheet: Anger, Hostility, and Heart Disease</u> https://canvas.asu.edu/courses/95274/assignments/2435960	due by 11:59pm
	 <u>Behavior Change Contract Outcomes DUE by Tuesday OCTOBER 5th</u> https://canvas.asu.edu/courses/95274/assignments/2435879	due by 11:59pm
Tue Oct 5, 2021	 <u>Module 6: Yellowdig Discussion- Behavior Change Contract Outcomes DUE by Tuesday OCTOBER 5th</u> https://canvas.asu.edu/courses/95274/assignments/2435964	due by 11:59pm