



# KINE 1304: Personal & Community Health

## Fall 2020 Course Calendar (Part I)

<u>Module</u>	<u>Start</u>	<u>Description</u>	<u>Assignment</u>	<u>Due Date</u>
Module 1	Aug. 24	Intro	Introduction Discussion Board (Initial Posting)	Wed 8/26
			Module 1 Quiz	Thurs 8/27
			Introduction Discussion Board (2 Responses)	Fri 8/28
			Course Pre-Test	Sun 8/30
			Obtain Textbook	Sun 8/30
Module 2	Aug. 31	Chapter 1	Module 2 Discussion Board (Initial Posting)	Wed 9/3
			Module 2 Quiz	Thurs 9/4
			Module 2 Discussion Board (2 Responses)	Fri 9/5
			Family History Research Activity	Sun 9/6
Module 3	Sept. 7	Chapter 2	Module 3 Discussion Board (Initial Posting)	Wed 9/9
	Labor Day		Module 3 Quiz	Thurs 9/10
			Module 3 Discussion Board (2 Responses)	Fri 9/11
			How Psychologically Fit R U? Activity	Sun 9/13
Module 4	Sept. 14	Chapter 3	Module 4 Discussion Board (Initial Posting)	Wed 9/16
			Module 4 Quiz	Thurs 9/17
			Module 4 Discussion Board (2 Responses)	Fri 9/18
			Stress Management Activity	Sun 9/20
Module 5	Sept. 21		<b>UNIT I EXAM</b>	<b>Thurs 9/24</b>
Module 6	Sept. 28	Chapter 4	Module 6 Discussion Board (Initial Posting)	Wed 9/30
			Module 6 Quiz	Thurs 10/1
			Module 6 Discussion Board (2 Responses)	Fri 10/2
			Sleep Study Activity	Sun 10/4
Module 7	Oct. 5	Chapter 5	Module 7 Discussion Board (Initial Posting)	Wed 10/7
			Module 7 Quiz	Thurs 10/8
			Module 7 Discussion Board (2 Responses)	Fri 10/9
			1 Day Calorie Tracker Activity	Sun 10/11
Module 8	Oct. 12	Chapter 6	Module 8 Discussion Board (Initial Posting)	Wed 10/14
			Module 8 Quiz	Thur 10/15
			Module 8 Discussion Board (2 Responses)	Fri 10/16
			Freshman 15 Activity	Sun 10/18

\*\*Assignment deadlines are at 8:00pm CST, unless otherwise noted.



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## Fall 2020 Course Calendar (Part II)

<u>Module</u>	<u>Start</u>	<u>Description</u>	<u>Assignment</u>	<u>Due Date</u>
Module 9	Oct. 19	Chapter 7	Module 9 Discussion Board (Initial Posting)	Wed 10/21
			Module 9 Quiz	Thurs 10/22
			Module 9 Discussion Board (2 Responses)	Fri 10/23
			Resting & Target Heart Rate Activity	Sun 10/25
Module 10	Oct. 26		<b>UNIT II Exam</b>	<b>Thur 10/29</b>
Module 11	Nov. 2	Chapter 14	Module 11 Discussion Board (Initial Posting)	Wed 11/4
			Module 11 Quiz	Thurs 11/5
			Module 11 Discussion Board (2 Responses)	Fri 11/6
			Pandemic Research & Review Activity	Sun 11/8
Module 12	Nov. 9	Chapter 15	Module 12 Discussion Board (Initial Posting)	Wed 11/11
			Module 12 Quiz	Thur 11/12
			Module 12 Discussion Board (2 Responses)	Fri 11/13
			Risk Factors of STIs Activity	Sun 11/15
Module 13	Nov. 16	Chapter 16	Module 13 Discussion Board (Initial Posting)	Wed 11/18
			Module 13 Quiz	Thurs 11/19
			Module 13 Discussion Board (2 Responses)	Fri 11/20
			Understanding Cardiovascular Diseases Activity	Sun 11/22
Module 14	Nov. 23	Chap. 16-A	Module 14 Discussion Board (Initial Posting)	Wed 11/25
	<i>Thanksgiving</i>		Module 14 Quiz	Wed 11/25
			Module 14 Discussion Board (2 Responses)	Sun 11/29
			Reducing Your Risk for Diabetes Activity	Sun 11/29
Module 15	Nov. 30		Course Post-Test	Wed 12/2
			Complete Online Course Evaluation	Thur 12/3
			<b>UNIT III EXAM (Final)</b>	Fri 12/4

\*\*Assignment deadlines are at 8:00pm CST, unless otherwise noted.

Reminder: No Late Assignments accepted for Module 14 & 15