



# KINE 1304: Personal & Community Health

## Fall 2022 Course Calendar (Part I)

<u>Module</u>	<u>Start</u>	<u>Description</u>	<u>Assignment</u>	<u>Due Date</u>
Module 1	Aug. 22	Intro	Obtain Textbook	Mon 8/22
			Introduction Discussion Board (Initial Posting)	Wed 8/24
			Module 1 Quiz	Thurs 8/25
			Introduction Discussion Board (2 Responses)	Fri 8/26
			Course Pre-Test	Sun 8/28
Module 2	Aug. 29	Chapter 1	Module 2 Discussion Board (Initial Posting)	Wed 8/31
			Module 2 Quiz	Thurs 9/1
			Module 2 Discussion Board (2 Responses)	Fri 9/2
			Family History Research Activity	Sun 9/4
Module 3	Sept. 5	Chapter 2	Module 3 Discussion Board (Initial Posting)	Wed 9/7
	<i>Labor Day</i>		Module 3 Quiz	Thurs 9/8
			Module 3 Discussion Board (2 Responses)	Fri 9/9
			How Psychologically Fit R U? Activity	Sun 9/11
Module 4	Sept. 12	Chapter 3	Module 4 Discussion Board (Initial Posting)	Wed 9/14
			Module 4 Quiz	Thurs 9/15
			Module 4 Discussion Board (2 Responses)	Fri 9/16
			Stress Management Activity	Sun 9/18
Module 5	Sept. 19		<b>UNIT I EXAM</b>	<b>Thurs 9/22</b>
Module 6	Sept. 26	Chapter 4	Module 6 Discussion Board (Initial Posting)	Wed 9/28
			Module 6 Quiz	Thurs 9/29
			Module 6 Discussion Board (2 Responses)	Fri 9/30
			Sleep Study Activity	Sun 10/2
Module 7	Oct. 3	Chapter 5	Module 7 Discussion Board (Initial Posting)	Wed 10/5
			Module 7 Quiz	Thurs 10/6
			Module 7 Discussion Board (2 Responses)	Fri 10/7
			1 Day Calorie Tracker Activity	Sun 10/9
Module 8	Oct. 10	Chapter 6	Module 8 Discussion Board (Initial Posting)	Wed 10/12
			Module 8 Quiz	Thur 10/13
			Module 8 Discussion Board (2 Responses)	Fri 10/14
			Freshman 15 Activity	Sun 10/16

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



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## Fall 2022 Course Calendar (Part II)

<u>Module</u>	<u>Start</u>	<u>Description</u>	<u>Assignment</u>	<u>Due Date</u>
Module 9	Oct. 17	Chapter 7	Module 9 Discussion Board (Initial Posting)	Wed 10/19
			Module 9 Quiz	Thurs 10/20
			Module 9 Discussion Board (2 Responses)	Fri 10/21
			Resting & Target Heart Rate Activity	Sun 10/23
Module 10	Oct. 24		<b>UNIT II Exam</b>	<b>Thur 10/27</b>
Module 11	Oct. 31	Chapter 14	Module 11 Discussion Board (Initial Posting)	Wed 11/2
			Module 11 Quiz	Thurs 11/3
			Module 11 Discussion Board (2 Responses)	Fri 11/4
			Pandemic Research & Review Activity	Sun 11/6
Module 12	Nov. 7	Chapter 15	Module 12 Discussion Board (Initial Posting)	Wed 11/9
			Module 12 Quiz	Thur 11/10
			Module 12 Discussion Board (2 Responses)	Fri 11/11
			Risk Factors of STIs Activity	Sun 11/13
Module 13	Nov. 14	Chapter 16	Module 13 Discussion Board (Initial Posting)	Wed 11/16
			Module 13 Quiz	Thurs 11/17
			Module 13 Discussion Board (2 Responses)	Fri 11/18
			Understanding Cardiovascular Diseases Activity	Sun 11/20
<b>Thanksgiving Break – No Assignments</b>				
Module 14	Nov. 28	Chap. 16-A	Module 14 Discussion Board (Initial Posting)	Tue 11/29
			Module 14 Quiz	Wed 11/30
			Module 14 Discussion Board (2 Responses)	Thurs 12/1
			Reducing Your Risk for Diabetes Activity	Fri 12/2
Module 15	Dec. 5		Course Post-Test	Mon 12/5
			Complete Online Course Evaluation	Mon 12/5
			<b>UNIT III EXAM (Final)</b>	<b>Tue 12/6</b>

- Assignment deadlines are at 8:00pm CST, unless otherwise noted.
- The Instructor Reserves the right to modify course schedule or content, as necessary.
- Reminder: No Late Assignments accepted for Module 15 & 16