



KINE 1304-71: Personal & Community Health

Fall 2025 Course Calendar/Assignment Guide (Part I)

Module	Start	Description	Due Date
Module 1	Mon (8/25)	Introduction: Course Introduction	
		Obtain Textbook (Make Purchase) & Read Syllabus	Mon (8/25)
		Course Acknowledgement	Wed (8/27)
		M1 Discussion: Introduction & Career Goals	Thurs (8/28)
		Module 1 Quiz (Syllabus & Start Here Module)	Fri (8/29)
		M1 Discussion Responses	Sat (8/30)
		Course Pre-Test	Sun (8/31)
Module 2	Tues (9/2)	Chapter 1: Assessing Your Health	
	<i>Labor Day (9/1)</i>	Quiz (Ch. 1)	Wed (9/3)
		M2 Discussion: Health Issues (<i>Initial Posting</i>)	Thurs (9/4)
		M2 Discussion Responses	Sat (9/6)
		Family History Activity	Sun (9/7)
Module 3	Mon (9/8)	Chapter 2: Promoting & Preserving Your Psychological Health	
		Quiz (Ch. 2)	Wed (9/10)
		M3 Discussion: Self-Esteem (<i>Initial Posting</i>)	Thurs (9/11)
		M3 Discussion Responses	Sat (9/13)
		Activity: How Psychologically Fit R U?	Sun (9/14)
Module 4	Mon (9/15)	Chapter 3: Managing Stress & Coping with Life's Challenges	
		Quiz (Ch. 3)	Wed (9/17)
		M4 Discussion: Personality Type (<i>Initial Posting</i>)	Thurs (9/18)
		M4 Discussion Responses	Sat (9/20)
		Activity: Stress Management	Sun (9/21)
Module 5	Mon (9/22)	UNIT I EXAM	
		<i>Study for the UNIT I Exam</i>	
		UNIT I EXAM	Sun (9/28)
Module 6	Mon (9/29)	Chapter 4: Improving Your Sleep	
		Quiz (Ch. 4)	Wed (10/1)
		M6 Discussion: Sleep Considerations (<i>Initial Posting</i>)	Thurs (10/2)
		M6 Discussion Responses	Sat (10/4)
		Activity: Sleep Study	Sun (10/5)
Module 7	Mon (10/6)	Chapter 5: Nutrition: Eating for a Healthier You	
		Quiz (Ch. 5)	Wed (10/8)
		M7 Discussion: Challenges to Eating Healthy (<i>Initial Posting</i>)	Thurs (10/9)
		M7 Discussion Responses	Sat (10/11)
		Activity: 1 Day Calorie Tracker	Sun (10/12)
Module 8	Mon (10/13)	Chapter 6: Reaching and Maintaining a Healthy Weight	
		Quiz (Ch. 6)	Wed (10/15)
		M8 Discussion: The U.S. Obesity Epidemic (<i>Initial Posting</i>)	Thurs (10/16)
		M8 Discussion Responses	Sat (10/18)
	<i>Midterm</i>	Activity: Freshman 15	Sun (10/19)

** Assignment deadlines are at 10:00 pm CST, unless otherwise noted.



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Fall 2025 Course Calendar/Assignment Guide (Part II)

Module	Start	Description	Due Date
Module 9	Mon (10/20)	Chapter 7: Improving Your Personal Fitness	
		Quiz (Ch. 7)	Wed (10/22)
		M9 Discussion: Components of Fitness (<i>Initial Posting</i>)	Thurs (10/23)
		M9 Discussion Responses	Sat (10/25)
		Activity: Resting & Target Heart Rate	Sun (10/26)
Module 10	Mon (10/27)	UNIT II EXAM	
		<i>Study for the Unit II Exam</i>	
		UNIT II EXAM	Sun (11/2)
Module 11	Mon (11/3)	Chapter 14: Protecting Against Infectious Disease	
		Quiz (Ch. 14)	Wed (11/5)
		M11 Discussion: The Process of Infection (<i>Initial Posting</i>)	Thurs (11/6)
		M11 Discussion Responses	Sat (11/8)
		Activity: Pandemic Research & Review	Sun (11/9)
Module 12	Mon (11/10)	Chapter 15: Protecting Against Sexually Transmitted Infections	
	<i>Vet. Day (11/11)</i>	Quiz (Ch. 15)	Wed (11/12)
		M12 Discussion: Sexually Transmitted Infections (<i>Initial Posting</i>)	Thurs (11/13)
		M12 Discussion Responses	Sat (11/15)
		Activity: Risk Factors of STIs	Sun (11/16)
Module 13	Mon (11/17)	Chapter 16: Reducing Your Risk of Cardiovascular Disease	
		Quiz (Ch. 16)	Tues (11/18)
		M13 Discussion: Reducing the Risk of CVD (<i>Initial Posting</i>)	Wed (11/19)
		M13 Discussion Responses	Fri (11/21)
		Activity: Understanding Cardiovascular Diseases	Sun (11/23)
Module 14	Mon (11/24)	Holistic Wellness	
		Activity: Holistic Wellness	Tues (11/25)
		<i>Energy Conservation Day (No Classes)</i>	<i>Wed (11/26)</i>
LSC-PA Thanksgiving Break (November 27 & 28, 2025) – No Classes			
Module 15	Mon (12/1)	Chapter 16-A: Reducing Your Risk of Diabetes	
		Quiz (Ch. 16-A)	Tue (12/2)
		M15 Discussion: Diabetes Trends (<i>Initial Posting</i>)	Wed (12/3)
		Activity: Reducing Your Risk for Diabetes	Thurs (12/4)
		M15 Discussion Responses	Fri (12/5)
		<i>Study for the Unit III Exam</i>	
		UNIT III EXAM	Sun (12/7)
Module 16	Mon (12/8)	Culminating Activities	
	<i>Finals Week</i>	Course Post-Test (Final Exam)	Tue (12/9)

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++ Late Assignments are NOT accepted in Modules 15 & 16