

## TELECOURSE INFO SHEET

Semester: Short Semester Spring 2010  
Course: KINE 1304 (HKN 1673): Personal Health  
Series: Journey to Health (3 new 30-minute programs per week)  
Instructor: J. Stewart, 223- 4784, NRG 2105

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### PROGRAM AIR TIMES ARE FOR TIME WARNER-Austin/Central Texas, SuddenLink & GRANDE CABLE.

#### **Saturday 2:30 - 4:00 PM**

Week 1	February 20	1. Health: Begin the Journey 2. Stress 3. Psychological Health
Week 2	February 27	4. Mental Disorders 5. Fitness 6. Nutrition
Week 3	March 6	7. Eating problems/ Weight Management 8. Building Relationships 9. Sexual Health
Week 4	March 13	10. Reproduction and Contraception 11. Family Health 12. Managing Your Health
Week 5	March 27	13. Other Paths: Complementary & Alternative Medicine 14. Infectious Diseases 15. Sexually Transmitted Diseases/ HIV-AIDS
Week 6	April 3	16. Heart Health 17. Cancer 18. Other major Diseases
Week 7	April 10	19. Drugs 20. Alcohol 21. Tobacco
Week 8	April 17	22. Safety and Injury Prevention 23. Aging: Health Across the Lifespan 24. Death and Dying
Week 9	April 24	25. Environment 26. Global Health
Week 10	May 1	25. Environment (repeat) 26. Global Health (repeat)

Available at ACC Tape Viewing Locations: ACC Library Media Centers: Cypress Creek, Eastview, Northridge, Rio Grande, Riverside, Pinnacle, South Austin.

See <http://dl.austincc.edu/ITV/schedule/> for additional viewing schedule information.