

## TELECOURSE INFO SHEET

Semester: Fall Semester 2009  
 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.**

<b>Saturday 1:00- 2:30 pm</b>		
Week 1	September 26	1. Health: Begin the Journey 2. Stress 3. Psychological Health
Week 2	October 3	1. Health: Begin the Journey (repeat) 2. Stress (repeat) 3. Psychological Health
Week 3	October 10	4. Mental Disorders 5. Fitness 6. Nutrition
Week 4	October 17	7. Eating problems/ Weight Management 8. Building Relationships 9. Sexual Health
Week 5	October 24	10. Reproduction and Contraception 11. Family Health 12. Managing Your Health
Week 6	October 31	13. Other Paths: Complimentary & Alternative Medicine 14. Infectious Diseases 15. Sexually Transmitted Diseases/ HIV-AIDS
Week 7	November 7	16. Heart Health 17. Cancer 18. Other major Diseases
Week 8	November 14	19. Drugs 20. Alcohol 21. Tobacco
Week 9	November 21	22. Safety and Injury Prevention 23. Aging: Health Across the Lifespan 24. Death and Dying
Week 10	November 28	25. Environment 26. Global Health
Week 11	December 5	25. Environment (repeat) 26. Global Health (repeat)

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

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