

TELECOURSE INFO SHEET

Semester: Fall Semester 2009
 Course: KINE 1304 (HKN 1673): Personal Health
 Series: Journey to Health (2 new 30-minute programs per week)
 Instructor: J. Stewart, 223- 4784, NRG *jstewart@austincc.edu*

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

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

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

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