

TELECOURSE INFO SHEET

Semester: 8-week Short Semester Fall 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 *jstewart@austincc.edu*

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

**Thursday
6:00- 8:00 pm**

Week 1	October 22	1. Invitation to Health 2. Stress 3. Emotional Health 4. Intellectual Well- being
Week 2	October 29	5. Fitness and Exercise 6. Diet and Nutrition 7. Weight Management 8. Intimate Relationships
Week 3	November 5	9. Sexuality 10. Reproduction and Sexual Health 11. Parenting 12. Communicable Disease
Week 4	November 12	13. AIDS and Sexually Transmitted Diseases 14. Cardiovascular Disease 15. Treatment & Prevention of Cardiovas. Disease 16. Cancer
Week 5	November 19	17. Drugs 18. Alcohol 19. Tobacco 20. Injury Prevention
Week 6	November 26	21. Aging 22. Death and Dying 23. Health Self- care 24. Health Care Delivery Systems
Week 7	December 3	25. Environmental Health 26. A Celebration of Health

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.