

TELECOURSE INFO SHEET

Semester: 2nd 8-week 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 *jstewart@austincc.edu*

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

Thursday 6:00- 8:00 pm

Week 1	March 25	1. Health: Begin the Journey 2. Stress 3. Psychological Health 4. Mental Disorders
Week 2	April 1	5. Fitness 6. Nutrition 7. Eating problems/ Weight Management 8. Building Relationships
Week 3	April 8	9. Sexual Health 10. Reproduction and Contraception 11. Family Health 12. Managing Your Health
Week 4	April 15	13. Other Paths: Complementary/ Alt. Medicine 14. Infectious Diseases 15. Sexually Transmitted Diseases/ HIV-AIDS 16. Heart Health
Week 5	April 22	17. Cancer 18. Other major Diseases 19. Drugs 20. Alcohol
Week 6	April 29	21. Tobacco 22. Safety and Injury Prevention 23. Aging: Health Across the Lifespan 24. Death and Dying
Week 7	May 6	25. Environment 26. Global 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/> for additional viewing schedule information.