

THE UNIVERSITY OF BRITISH COLUMBIA
School of Human Kinetics

HUMAN KINETICS 252

CONTEMPORARY HEALTH ISSUES

LECTURE OUTLINE

<u>Lecture Date</u>	<u>Topic</u>	<u>Text Reading</u>
January 9	Intro, text, assignments Personal health practices and interests	
	<i>Unit 1 - Consumer Issues in Health Care</i>	
January 11	Introduction to health Group work for mini survey Present questions for mini survey	Ch. 1
January 16	Habits, attitudes, beliefs, behaviours Stages of change	
January 18	Group and class discussions: Beliefs, behaviours (mini survey)	
January 23	Canadian Health Care System	Ch. 13
	<i>Unit 2 - The Body</i>	
January 25	Issues surrounding obesity and weight control	Ch. 6
January 30	Obesity and weight control cont'd	
February 1	Size acceptance and concerns	
February 6	Exploring sexuality	Ch. 7
February 8	STD's, HIV/AIDS	pgs 215 - 231

<u>Lecture Date</u>	<u>Topic</u>	<u>Text Reading</u>
	<i>Unit 3 - Stress/Mental Health</i>	
February 13	Psychosocial health When things go wrong	Ch. 3, 17
February 15	Recognizing and managing depression Guest speaker	
	READING BREAK	
February 27	Mental health and stress	Ch. 2
March 1	MIDTERM EXAM	
	<i>Unit 4 - Products of Dependence</i>	
March 6	Addictions and addictive behaviour/alcohol	Ch. 11, 12
March 8	Street drugs – A police perspective Guest speaker	
March 13	Illicit drugs/4-Pillar approach	
March 15	Fix: The story of an addicted city	
	<i>Unit 5 – Community Health Issues/Practices</i>	
March 20	Harm reduction – Street Nurse Program Guest speaker	
March 22	Reproductive Technology	Ch. 8
March 27	Food Security Guest speaker	Ch. 5
March 29	Sleep	
April 3	Aging, death and dying	Ch. 15
April 5	Environmental Awareness and Health	Ch. 16
Apr. 10	Display and view health posters	
April 12	Course evaluation/Discussion	