

Module video segments & their quizzes should be completed by 11:59 pm the night before the class where they are discussed and applied. Activities in green are in-class and you must be physically present. Activities in purple are completed at home. SARAs and the health intervention/health campaign projects are worked on every class when there is time available.



7-Jan	9-Jan	12-Jan	14-Jan	16-Jan	21-Jan	23-Jan	26-Jan
website exploration	module 1 video segments 1-6	module 1 video segments 7-9	module 1 video segments 10-13	module 2 video segments 1-3	module 2 video segments 4-6	module 2 video segments 7-11	module 2 video segments 12-16
Syllabus quiz	segment quizzes	segment quizzes	segment quizzes	segment quizzes	segment quizzes	segment quizzes	segment quizzes
sitting-rising activity	article searches citing in APA format	who am I? activity part 1	who am I? activity part 2	project work	health belief model and infectious disease activity	project work	peer review of team presentation slides activity
pod assignments	SARA search sprint	stunning slides responsible snipping	facial feedback activity	Framed messages activity			7 minute workout challenge activity
choose your SARA		pick health intervention OR health campaign					

28-Jan	30-Jan	2-Feb	4-Feb	6-Feb	9-Feb	11-Feb	13-Feb
module 3 video segments 1-3	module 3 video segments 4-9	module 4 video segments 1-3	module 4 video segments 4-6	module 4 video segments 7-10	module 4 video segments 11-13	module 4 video segments 14-19	module 4 video segments 20-26
segment quizzes	segment quizzes	segment quizzes	segment quizzes	segment quizzes	segment quizzes	segment quizzes	segment quizzes
top three stressors activity	Experiment: Find the flaws activity			BP & HR biofeedback activity	walk 1 activity	Spiderweb of social networks activity	diaphragmatic breathing activity
health intervention people - start your baseline observations		phase 1 team presentations	phase 1 team presentations	No class today	phase 1 team presentations	mindfulness & walk 2 activity	PMR activity
					Health Intervention Phase 2 part A due		Health Campaign Phase 2 Part A due

18-Feb	20-Feb	23-Feb	25-Feb	27-Feb	2-Mar	4-Mar	6-Mar
module 5 video segments 1-3 segment quizzes guided imagery activity	module 5 video segments 4-7 segment quizzes vagus nerve stim activity Intro the Wild activity	module 5 video segments 8-12 segment quizzes hassles & uplifts activity project work Health Campaign Phase 2 Part B due	module 6 video segments 1-2 segment quizzes project work	module 6 video segments 3-4 segment quizzes finger prick pain activity	module 7 video segments 1-5 segment quizzes project work Begin health intervention	module 7 video segments 6-10 segment quizzes health APP explore & expt project work	module 7 video segments 11-14 segment quizzes binder clip pain activity

16-Mar	18-Mar	20-Mar	23-Mar	25-Mar	27-Mar	30-Mar	1-Apr
module 7 video segments 15-21 segment quizzes behav. intervention group sharing activity SARA round 1 due	module 8 video segments 1-5 segment quizzes pre Fed-Up activities	module 8 video segments 6-9 segment quizzes Fed-Up movietime activity	module 8 video segments 10-13 segment quizzes Fed-Up movietime activity	module 8 video segments 14-18 and Skinny on Obesity segment quizzes	module 9 video segment 1-6 segment quizzes	module 9 video segments 7-10 segment quizzes post-fed-up activity sugar tracking activity	module 10 video segments 1-5 segment quizzes CPR activity Public Health Message Campaign phase 3 due
				No class today	No class today		

3-Apr	6-Apr	8-Apr	10-Apr	13-Apr	15-Apr	17-Apr	
module 10 video segments 6-11 segment quizzes self-esteem booster activity SARA round 2 due SARA movie marathon	module 11 video segments 1-6 segment quizzes Spirituality booster activity SARA movie marathon	module 11 video segments 7-9 segment quizzes Health Intervention phase 3 due SARA movie marathon	module 11 video segments 10-14 segment quizzes Environmental Connect & Protect activity SARA movie marathon	SARA movie marathon	Soothing forces of nature activity Public Health Message Campaign phase 4 due	make-up day if necessary	Final Exam April 20-23

