

Wellness Concepts Course Calendar Fall 2009

Week	Date	Lecture Topic
1	9/7 9/9 9/11	Labor Day Holiday Course Introduction National Boards all classes dismissed
2	9/14 9/16 9/18	Dr. Brown - The Mechanic and the Gardener Wellness Evaluation Student Testing (spirometry & body fat) Dr. Brown - Wellness Care: Where Does It Fit in the Health Care Jigsaw Puzzle?
3	9/21 9/23 9/25	DVD - Food Matters DVD - Food Matters Parker Seminar Dallas - No Class
4	9/28 9/30 10/2	Dr. Brown - Chiropractic Antecedents of Holistic Health Dr. Brown - Healthy People 2010 Guest Speaker - Dr. Jerry Tennant - Energy Medicine
5	10/5 10/7 10/9	Dr. Brown - The Wellness Revolution Dr. Brown - Exercise - Cardiovascular fitness Dr. Brown - Exercise - Muscular strength & Flexibility
6	10/12 10/14 10/16	Exam 1 No class Clinic exam Dr. Brown - Diet - Basic principles, Body composition
7	10/19 10/21 10/23	Student Classroom Presentations Guest Speaker - Dr. Ron Rupert - Injury Prevention for the Chiropractor Student Classroom Presentations
8	10/26 10/28 10/30	Student Classroom Presentations Student Classroom Presentations Student Classroom Presentations
9	11/2 11/4 11/6	Student Classroom Presentations Student Classroom Presentations Student Classroom Presentations
10	11/9 11/11 11/13	Student Classroom Presentations Student Classroom Presentations Student Classroom Presentations Wellness Evaluation Reports due
11	11/16 11/18 11/20	Exam 2 Student Classroom Presentations Student Classroom Presentations
12	11/23 11/25 11/27	Student Classroom Presentations Student Classroom Presentations Thanksgiving Holiday
13	11/30 12/2 12/4	Dr. Brown - Brain Allergies Dr. Brown - Tobacco Cessation The Science of Stress - DVD
14	12/7 12/9 12/11	Dr. Brown - Psychoneuroimmunology and Chiropractic Dr. Brown - Case workup of chronic degenerative disease patient Supersize Me - DVD (about 1.5 hours - bring your lunch)

Note - The schedule may be changed when needed to accommodate the needs of guest lecturers.