



# STRESS

KIN 123: FOUNDATIONS OF HEALTH  
M/W/F 1-1.50Pm  
Quinn Auditorium  
Shabnam Lateef  
Fall 2013

# NOTE

- In Chapter 1: Taking Charge of Your Health. The last part from “Taking personal responsibility for your wellness”, including Stages of Behavior Change will be covered under Module 2.
- It will not be included in Exam 1.
- However in this module, I am going to cover Theory of Behavior and that is included in Module 1. They are two distinct topics.

