



University Seminar: Psychology Edition

Chapter 11
Health
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Agenda/Overview

- o Eating
- o Exercise
- o Sexually transmitted diseases



Eating

- o Biggest problem with our eating habits, overall?
- o Weight control pretty simple
- o Freshman 15 – reality or myth?
- o Declines in basal metabolic rate begin
- o Food for energy boost – “Glazed Donut run Amok” piece – pg. 346
- o Brisk 10 minute walk – better energy boost

● ● ● | Exercise

- Do we exercise regularly?
- Why not?
- Multiple benefits
- Can be hard to restart, especially when out of shape
 - Not impossible

● ● ● | Sexually transmitted diseases

- What do we need to be concerned about?
- Which are you familiar with?
- Discuss
- Most can be treated

● ● ● | HIV/AIDS

- AIDS affects a wide population and continues to be a major health problem
- There is much ignorance and fears of AIDS
- AIDS weakens the body's immune system and that allows other diseases to prey on the body
- AIDS is considered an "equal opportunity disease" because it is found among people of all ages, genders, races, and sexual orientations



Transmission of HIV

- Much is known about the transmission of HIV and how it can be avoided
- Most people with HIV infection will eventually develop AIDS
- With early treatment HIV can be retarded and the onset of AIDS can be delayed
- Common forms of HIV transmission are unprotected sex with, or sharing intravenous needles with, a person infected with the virus



Prevention of HIV/AIDS and STD's

- Educate yourself about HIV/AIDS and about sexually transmitted diseases (STD's)
- Engaging in sex with multiple partners is high-risk behavior
- Effective and consistent use of safer sex methods is a key to prevention
- Consider abstinence as an alternative
- Make responsible choices
