**George Mason University**

**School of Recreation, Health, Fitness and Tourism**

**HEAL 110 Personal Health**

**Fall 2009**

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| Day/time: | 7:20p W | Location: | Robinson Hall B111 |
| Professor: | Rich Miller Ed.D. | Email address: | emiller@gmu.edu |
|  | Occoquan 220D | Phone: | (703)993-2066 |
| Office Hours: | 8:30 -10:30a M W | Fax: | (703)993-2025 |

**Course Description:**

Focuses on individual and family well-being through the integration of such topics as fitness, nutrition, human sexuality, consumer-health, drug education, and mental health.

**Course Objectives:**

By the end of the course the students will be able to:

1. Recognize specific aspects of their own lifestyle that are beneficial or detrimental to their health.

2. Identify ways they can improve their own level of health.

3. Investigate the basic principles of the functioning of the human body as it relates to a person’s health behavior choices and practices.

4. Examine the key facts, issues and problems related to personal health promotion and wellness.

5. Appreciate each person’s role in taking responsibility for health care and prevention decisions.

**Required Readings:**

Hales, D. (2009). An invitation to health (2009-2010 ed.). Belmont, CA: Wadsworth Cengage Learning. ISBN 0495388556 13: 978-0-495-38855-5

Additional course material: http://courses.gmu.edu

**Evaluation:**

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| 15% - First test | 30% - Health Change Plan |
| 15% - Second test | 25% - Participation |

15% - Third test

Grading: A+ 98-100, A 93-97, A- 90-92, B+ 87-89, B 83-86, B- 80-82, C+ 77-79, C 73-76, C- 70-72, D 60-69, F 0-59

**Learning Experiences:**

Each online test is composed of 50 multiple-choice questions. The tests are based on the content of the text as organized and presented in classroom lecture and reinforced through class activities. Each test will be graded 0-100 points and weighted .15 of overall course grade. Points are deducted for submitting test after deadline. To best prepare for the tests, students should use their lecture notes and class activity handouts to help focus their attention on important content in the textbook. Multiple-choice items will measure students' abilities to identify/recall, differentiate, apply and analyze subject material.

An online health change plan will be completed by the student. The plan will be implemented at the start of the semester and completed by the end of the semester. He/she will also make health change plan presentations in small groups at start, mid and end points of the course. The health change plan will be graded 0-100 points and weighted .30 of overall course grade. The plan will be based on cognitive, affective and psychomotor learning experiences and will reinforce the important subject material in the course.

Participation credit involves being in full attendance during each class day and actively involved in class activities. Arriving late, taking an extended break or leaving early from class results in partial credit. Student classroom computer use, other than to record lecture notes, is not active involvement in class activities and, therefore, results in partial credit. The percent of attended days will be weighted .25 of overall course grade. Class activities are based on cognitive, affective and psychomotor learning experiences and they will reinforce the important subject material in the course.

**Course Outline:**

Each class session will be a combination of lecture, small group work, video discussion and other class activities. See Blackboard for exact dates.

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| Week 1 | Ch 1 Your Invitation to Healthy Change; and Ch 2 Emotional and Spiritual Well-Being |
| Week 2 | Finish Ch 2; and Ch 3 Personal Stress Management |
| Week 3 | Ch 4 Your Mental Health; and Ch 5 Joy of Fitness |
| Week 4 | Finish Ch 5; and Ch 6 Personal Nutrition; |
| Week 5 | Ch 7 Taking Control of Your Weight; and Health Change Plan Part 1 due (class presentation) |

**First test** - This online 50 multiple-choice item exam covers material from Ch 1 through Ch 7.

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| Week 6 | Ch 8 Communicating and Relating; and Ch 9 Personal Sexuality |
| Week 7 | Finish Ch 9; and Ch 10 Reproductive Choices |
| Week 8 | Ch 11 Avoiding Addictive Behaviors and Drug Abuse; and Ch 12 Alcohol Use, Misuse and Abuse |
| Week 9 | Finish Ch 12; Ch 13 Tobacco Use, Misuse and Abuse; and Health Change Plan Part II due (class presentations) |

**Second test** - This online 50 multiple-choice item exam covers material from Ch 8 through Ch 13.

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| Week 10 | Ch 14 Preventing Majors Diseases; and Ch 15 Avoiding Infectious Diseases |
| Week 11 | Finish Ch 15 /Ch 16 Lowering Your Risk of Sexually Transmitted Infections |
| Week 12 | Ch 17 Getting Quality Traditional and Nontraditional Health Care; and Ch 18 Protecting Yourself from Injury, Violence and Victimization |
| Week 13 | Finish Ch 18; and Ch 19 Working Toward a Healthy Environment |
| Week 14 | Ch 20 A Lifetime of Health; Change Plan Part III due (class presentations) |

**Third Test** - This online 50 multiple-choice item exam covers material from Ch 14 through Ch 20.

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| http://rht.gmu.edu | Our School follows all academic and general policies contained within the University’s Catalog among which are:  • All students are held to the standards of the George Mason University Honor Code.  • Students having documentation on file at the Disability Resource Center should bring this to the attention of the instructor.  • Students are expected to attend the class periods of the courses for which they register. In-class participation is important not only to the individual student, but also to the class as a whole. Because class participation may be a factor in grading, instructors may use absence, tardiness, or early departure as de facto evidence of nonparticipation.  • University policy states that all sound emitting devices shall be turned off during class unless otherwise authorized by the professor. |