

GEORGE MASON UNIVERSITY
School of Recreation, Health, and Tourism

HEAL 110-5P5—Personal Health (3)
Fall 2010

DAY/TIME:	T R 3:00 PM-4:15PM	LOCATION:	The Engineering Building 1109
INSTRUCTOR:	Elizabeth Hanfman, MA	EMAIL ADDRESS:	ehanfman@gmu.edu
OFFICE LOCATION:	4260 Chain Bridge Road; Suite A6	PHONE NUMBER:	703-993-3697
OFFICE HOURS:	Most Days- Call for Appt	FAX NUMBER:	703-246-8997

PREREQUISITES

None

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

At the completion of this course students should be able to:

1. Identify and describe the components of health and how they relate to total wellness.
2. Create a complete and personal plan to change or develop a health behavior.
3. Participate in health/fitness related activities on campus and in the community.
4. Discuss factors that affect longevity and health.

COURSE OVERVIEW

The focus of this course is health for the 21st century. Students will discern the various components of health and wellness to include physical, psychological, spiritual, social, and intellectual health. Management of stress, communication and relationships, and personal sexuality will be introduced as key parts of the wellness picture. Also included in this course will be an overview of reproductive choices, alternative medicine and the health-care system, and information on the prevention of diseases. To complete the study, the use and misuse of alcohol, drugs, and tobacco will be covered. This course serves as a general overview and will prepare the student to make educated choices about personal health and provide a basic knowledge of health issues for use in more advanced study in the future.

REQUIRED READINGS

Hales, D. (2011). An Invitation to Health. Belmont, CA : Wadsworth Cengage Learning.

Breakdown of Points	
Health Change Packet	25
Stress Activity Packet	20
Reaction Paper 1	50
Movie Worksheet	15
Speaker Worksheet	15
Reaction Paper 2	50
Health Change Plan Paper	75
Health Change Plan Presentation	25
Exam 1	50
Exam 2	50
Final Exam	75
Participation	50
Total	500 Points

Grading Scale

473-500= A	448-472=A-	433-447=B+	418-432=B
398-417=B-	383-397=C+	368-382=C	348-367=C-
323-347=D	≤322=F		

Exams (2 @ 50 Points Each & 1 Final Exam @ 75 Points)

The course will consist of two exams and one final exam based on chapter readings and class lectures. Each exam will include a variation of multiple choice and short answer questions. The first exam will cover chapters 1 through 7 (October 14), the second will cover chapters 8-13 (November 11), and the final exam will cover chapters 14 through 20 (December 16).

Reaction Papers (2 @ 50 Points Each)

For each reaction paper you will pick a current event article pertaining to any health topic and write a 2-3 page, double-spaced reaction paper. You can find articles from news websites such as msn.com or cnn.com or you can get your articles from newspapers or magazines. Reaction paper 1 is due in class on September 23 and reaction paper 2 is due in class on November 18.

Health Change Plan Paper (75 Points)

Write a 6-8 page health change plan paper that highlights the important subject material in the course. Relate what you have learned in the class to your own life in terms of what you might want to change, are in the process of changing, or have changed in the past in order to become a healthier person. Use your Health Change Packet as a guideline. You are free to use charts, lists and diagrams. Be creative! The paper is due in class on December 7.

Health Change Plan Presentation (25 Points)

At the last two class meetings (December 7 and 9) students will be required to present their health change plans to the class. This should be a general overview of your project. The use of PowerPoint, posters, or other visuals is encouraged but not required. Your presentation should be about 3-5 minutes.

Participation (50 Points)

Attendance and participation are important to learning the course material and achieving the course objectives. Attendance will be recorded at each class and will be taken into account for midterm and final grades. Students will be given a participation grade based on participation in class discussion and attentive listening.

DATE		TOPIC	READING ASSIGNMENT	ASSIGNMENT DUE
August	31	Introduction & Overview		
September	2	Your Invitation to Healthy Change	Chapter 1	
September	7	Emotional and Spiritual Well-Being	Chapter 2	<i>Health Change Packet Due</i>
September	9	Personal Stress Management	Chapter 3	
September	14	Personal Stress Management cont.		
September	16	Your Mental Health	Chapter 4	<i>Stress Activity Packet Due</i>
September	21	The Joy of Fitness	Chapter 5	
September	23	Personal Nutrition	Chapter 6	<i>Reaction Paper #1 Due</i>
September	28	Personal Nutrition cont.		
September	30	In Class Movie		
October	5	In Class Movie		
October	7	Taking Control of Your Weight	Chapter 7	<i>Movie Worksheet due</i>
October	12	No Class- Columbus Day		
October	14	EXAM 1		<i>Covers Chapters 1-7</i>
October	19	Communicating and Relating	Chapter 8	
October	21	Speaker		
October	26	Personal Sexuality and Reproductive Choices	Chapters 9 and 10	
October	28	Speaker		
November	2	Avoiding Addictive Behaviors and Drug Abuse	Chapter 11	<i>Speaker Worksheet Due</i>
November	4	Alcohol Use, Misuse and Abuse	Chapter 12	
November	9	Tobacco Use, Misuse, and Abuse	Chapter 13	
November	11	EXAM 2		<i>Covers Chapters 8-13</i>
November	16	Speaker		
November	18	Preventing Major Diseases	Chapter 14	<i>Reaction Paper #2 Due</i>
November	23	Avoiding Infectious Diseases and Lowering your Risk of Sexually Transmitted Infections	Chapters 15 and 16	
November	25	No Class- Thanksgiving break		
November	30	Getting Quality Traditional and Nontraditional Health Care and Protecting Yourself from Injury, Violence, and Victimization	Chapters 17 and 18	
December	2	Working Toward a Healthy Environment and A Lifetime of Health	Chapter 19 and Chapter 20	
December	7	Health Change Presentations		<i>Health Change Paper Due</i>
December	9	Health Change Presentations		
December	16	1:30-4:15; FINAL EXAM		<i>Exam covers chapters 14-20</i>

**Readings should be completed by the date listed on the schedule above*

Note: This is a tentative course schedule. Faculty reserves the right to alter the schedule as necessary.

Late work/make-up exam policy:

Papers/assignments should be turned in by the end of class on the due date. Late assignments will receive a 5 point reduction for each class meeting late.

In order to schedule a make-up exam, you must see me in **advance** for permission to take it at a different time.



- ❖ All students are held to the standards of the George Mason University Honor Code [See <http://www.gmu.edu/catalog/apolicies/#Anchor12>]
- ❖ University policy states that all sound emitting devices shall be turned off during class unless otherwise authorized by the professor
- ❖ Students with disabilities who seek accommodations in a course must be registered with the Disability Resource Center (DRC) and inform the instructor, in writing, at the beginning of the semester [See www.gmu.edu/student/drc]
- ❖ For additional School of Recreation, Health, and Tourism information, please visit the website at <http://rht.gmu.edu>