

Personal Health – HEAL 110

Fall 2010

DAY/TIME: Tues./Thurs. 12:00-1:15 p.m.
INSTRUCTOR: Ms. Cindy Pavell, M.S.
PHONE: 703-298-8198/fax 571-282-3388

LOCATION: FX - FAB/ B 212
EMAIL: cpavell@cox.net
OFFICE HOURS: By appointment only

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:

1. Recognize specific aspects of their own lifestyle that beneficial and detrimental to their health.
2. Identify ways they can improve their current level of health
3. Investigate the basic principles of the functioning of the human body as it relates to a person's health behavior and practices.
4. Examine the key facts, issues, and problems related to personal health promotion and wellness.
5. Appreciate each person's role in responsibility for health care and prevention decisions.

REQUIRED READINGS:

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

EVALUATION/GRADING SCALE:

Attendance (2 points)	46	A (94-100) 369-393
8 Weekly Assignments (2 points)	16	A-(90-93) 354-368
8 Exit Tickets (2 points)	16	B+(88-89) 346-353
8 Quizzes (10 points/top 6)	60	B (84-87) 330-345
Behavior Change Paper (25 points)	25	B-(80-83) 314-329
3 Exams (50 points)	150	C+(78-79) 307-313
Final Exam (comprehensive/80 points)	<u>80</u>	C (74-77) 291-306
	393	C-(70-73) 275-290
		D (60-69) 236-274
		F (<59) 235 or less

ATTENDANCE: Being prompt is expected for you to receive attendance points. You will receive a 5 minute grace period. Missed work, when absent, can only be credited if the absence is excused. You must have written proof for an absence to be excused (includes death, sickness, athletes). No exceptions. **Please keep in mind that when you make a choice not to attend class, it is your responsibility to contact a classmate for any missed notes, work assigned, or group task. DO NOT COME TO ME!!!!!!**

WEEKLY'S: There will be 8 weekly assignments. These are not major tasks, so no need to worry. Any written assignments must be typed and stapled or you will not receive credit. I do not accept assignments through email. If you are going to be absent, email to a classmate and have them bring the hard copy to me in class.

QUIZZES: There will be 8 unannounced quizzes, so be sure to read the chapter assigned before coming to class. I will count your best 6 quiz grades. The quizzes will contain a mixture of 10 multiple choice and true/false questions. **There are no make-ups for quizzes, even for excused absences.**

EXIT TICKETS: These are "active learning" activities that will be done during class time. Points are not guaranteed just because you are in class. Eight will be given. You cannot receive partial credit.

BEHAVIOR CHANGE PAPER: Early in the semester, you will choose a behavior you would like to change or choose a behavior to enhance your life better. You will use methods offered in the course and discuss/analyze the process for making the change. Length of paper is 3-4 pages, double-spaced, 12-point font, with 1" margins. Papers will be in APA style and reflect the collegiate level of education - especially in reference to style, grammar, and spelling.

EXAMS: There will be 3 exams (not including the final) during the semester. Each exam is worth 50 points. The final exam will be comprehensive and worth 80 points. All exams will be a mixture of multiple choice, true/false, matching, and fill-in-the-blank questions.

COURSE OUTLINE:

08/31/10	Introduction/Chapter 1-Your Invitation to Healthy Change
09/02/10	Chapter 1 & Chapter 2-Psychological & Spiritual Well-Being
09/07/10	Chapter 2 & Chapter 3-Personal Stress Management
09/09/10	Chapter 3 & Chapter 4-Taking Care of Your Mind
09/14/10	Chapter 4 & Chapter 5-The Joy of Fitness

09/16/10	Chapter 5 & Chapter 6-Personal Nutrition/no class
09/21/10	Chapter 5 & Chapter 6-Personal Nutrition
09/23/10	Chapter 6 & Chapter 7-Managing Your Weight
09/28/10	EXAM I - Chapters 1-7;
09/30/10	Chapter 8 Communicating & Relating
10/05/10	Chapter 9 Personal Sexuality
10/07/10	Chapter 10 Reproductive Choices
10/12/10	NO CLASS - Columbus Day
10/14/10	Chapter 11-Avoiding Addictions
10/19/10	Chapter 12-Alcohol Use, Misuse, and Abuse
10/21/10	Chapter 13-Tobacco Use, Misuse, and Abuse
10/26/10	EXAM II - Chapters 8-13
10/28/10	Chapter 14-Preventing Major Diseases
11/02/10	Chapter 15-Avoiding Infectious Diseases
11/04/10	Chapter 16-Lowering Your Risk of Sexually Transmitted Infections
11/09/10	Chapter 16-Lowering Your Risk of Sexually Transmitted Infections
11/11/10	Chapter 17-Getting Quality Traditional & Nontraditional Health Care
11/16/10	Chapter 17-Getting Quality Traditional & Nontraditional Health Care

11/18/10	Chapter 18-Protecting Yourself From Injury, Violence, And Victimization
11/23/10	Chapter 18-Protecting Yourself From Injury, Violence, And Victimization/ Behavior Change Paper Due
11/25/10	NO CLASS - Thanksgiving Break
11/30/10	Chapter 19-Creating a Healthier Environment
12/02/10	Chapter 19-Creating a Healthier Environment
12/07/10	Chapter 20-A Lifetime of Health
12/09/10	EXAM III - Chapters 14-20
12/16/10	Final Exam - Accumulative/10:30-1:15

There is no extra credit!! This syllabus is not written in stone.



- ❖ 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 Office of Disability Services (ODS) and inform the instructor, in writing, at the beginning of the semester [See ods.gmu.edu]
- ❖ For additional School of Recreation, Health, and Tourism information, please visit the website at <http://rht.gmu.edu>

