

George Mason University
School of Recreation, Health, Fitness and Tourism
HEAL 110 Personal Health
Fall 2010

DAY/TIME:	7:20p W	LOCATION:	Enterprise 178
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OFFICE HOURS:	T R 8:30-10:30a	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. (2011). An invitation to health (2009, 2011 ed.). Belmont, CA: Wadsworth Cengage Learning. ISBN 978-0-538-73655-8

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

EVALUATION

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 Blackboard 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. Each test will be graded 0-100 points and weighted .15 of overall course grade. Points are deducted for not starting the test by its deadline. To best prepare for the tests, students should use their lecture notes to focus 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. Absence [ABSE] results in no credit. Arriving late [LATE], taking an extended break [BRK] or leaving early [LEFT] from class results in partial credit. Student non-course computer use or cell use [NCCS] is not active involvement in class activities

and, therefore, results in partial credit. Although medical excuses are not accepted, each student is entitled to one excused [EXCU] absence during the semester. 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.

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.

TENTATIVE COURSE SCHEDULE (see Blackboard for dates)

Each class session will be a combination of lecture, small group work, video discussion and other class activities.

	<u>Topic</u>	<u>Readings</u>
Week 1	Your Invitation to Healthy Change; and Psychological and Spiritual Well-Being	Chs 1, 2
Week 2	Finish: Psych Well-Being; Personal Stress Management	Ch 3
Week 3	Taking Care of Your Mind Joy of Fitness	Ch 4, 5
Week 4	Finish: Joy of Fitness; Personal Nutrition	Ch 6
Week 5	Managing Your Weight; Communicating and Relating <i>Health Change Plan Part 1 due (class presentation)</i> <i>First test</i>	Ch 7, 8 <i>Covers material from Chs 1-7</i>
Week 6	Finish: Communicating and Relating; Personal Sexuality	Ch 9
Week 7	Reproductive Choices; and Avoiding Addictions	Ch 10, 11
Week 8	Finish: Avoiding Addictions; Alcohol Use, Misuse and Abuse	Ch 12
Week 9	Tobacco Use, Misuse and Abuse; Preventing Major Diseases <i>Health Change Plan Part 2 due (class presentation)</i> <i>Second test</i>	Ch 13, 14 <i>Covers material from Chs 8-13</i>
Week 10	Finish: Preventing Major Diseases; and Avoiding Infectious Diseases	Ch 15
Week 11	Lowering Risk of Sexually Transmitted Diseases; and Getting Quality Traditional/Nontraditional Health Care	Ch 16, 17
Week 12	Finish: Traditional/Nontraditional Care; Protecting From Injury	Ch 18
Week 13	Creating a Healthier Environment; and Lifetime Health	Ch 19, 20
Week 14	Finish: Lifetime Health <i>Health Change Plan Part 3 due (class presentation)</i> <i>Third test</i>	 <i>Covers material from Chs 14-20</i>



- ❖ 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>