

George Mason University
School of Recreation, Health, Fitness and Tourism
HEAL 110-001 Personal Health
Fall 2010

Day/Time: Mon/Wed 10:30-11:45 a.m.

Location: Bull Run Hall 248

Professor: Lida Thanarak Pitsch

Email Address: lthanara@gmu.edu

Office Hours /Location: By appointment only

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 (2009-2011 ed.). Belmont, CA: Wadsworth Cengage Learning.

Course Overview:

Attendance

Students are expected to be on time, attend all class meeting and will be prepared for class discussion.

Examination

This course is comprised of 3 class exams and 1 final exam that are multiple choice answers. The examinations may cover material in the required textbook, class notes, and discussion completed during class sessions. You are to bring Scantron sheet to each examination. If you do not have a Scantron sheet you will not be permitted to take the exam.

Evaluation:

<u>Evaluation</u>	<u>Number</u>	<u>Points</u>	<u>Total Points</u>
First Exam	50	2	100
Second Exam	50	2	100
Third Exam	50	2	100
Final Exam	100	2	200

Grading Scale:

The student's final letter grade will be earned based on the following scale:

A : 465-500 pts. (93%) C+ : 385-399 pts. (77%)

A : 450-464 pts. (90%)
 B : 435-449 pts. (87%)
 B+ : 415-434 pts. (83%)
 B- : 400-414 pts. (80%)

C : 365-384 pts. (73%)
 C- : 350-364 pts. (70%)
 D : 315-349 pts. (63%)
 F : <315

Course Outline:

Week	Dates	Topics
Week 1	Mon 8/30	Introduction; Chapter 1 Your Invitation to Health Change
	Wed 9/1	Chapter 1 Your Invitation to Healthy Change; Chapter 2 Psychological and Spiritual Well-Being
Week 2	Mon 9/6	No Class – Labor Day
	Wed 9/8	Chapter 3 Personal Stress Management
Week 3	Mon 9/13	Chapter 4 Taking Care of Your Mind
	Wed 9/15	Chapter 5 The Joy of Fitness
Week 4	Mon 9/20	Chapter 6 Personal Nutrition
	Wed 9/22	Chapter 7 Managing Your Weight
Week 5	Mon 9/27	Review
	Wed 9/29	1 st Exam Chapters 1-7
Week 6	Mon 10/4	Chapter 8 Communication and Relating
	Wed 10/6	Chapter 9 Personal Sexuality
Week 7	Mon 10/11	Chapter 10 Reproductive Choices
	Wed 10/13	Chapter 11 Avoiding Addictions
Week 8	Mon 10/18	Chapter 12 Alcohol Use, Misuse, and Abuse
	Wed 10/20	Chapter 13 Tobacco Use, Misuse, and Abuse
Week 9	Mon 10/25	Review
	Wed 10/27	2 nd Exam Chapters 8-13
Week 10	Mon 11/1	Chapter 14 Preventing Major Disease
	Wed 11/3	Chapter 15 Avoiding Infectious Diseases
Week 11	Mon 11/8	Chapter 16 Lowering Your Risk of Sexually Transmitted Infections
	Wed 11/10	Chapter 17 Getting Quality Traditional and Nontraditional Health Care
Week 12	Mon 11/15	Chapter 18 Protecting Yourself from Injury, Violence, and Victimization
	Wed 11/17	Chapter 19 Creating a Healthier Environment
Week 13	Mon 11/22	Chapter 20 A Lifetime of Health
	Wed 11/24	No Class – Thanksgiving Break
Week 14	Mon 11/29	Review
	Wed 12/1	3 rd Exam Chapters 14-20
Week 15	Mon 12/6	Review for final
	Wed 12/8	Review for final (last day of class)
Week 16	Mon 12/13	Reading Day
	Wed 12/15	Final Exam 10:30-1:15 p.m.



- ❖ 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>