

GEORGE MASON UNIVERSITY  
School of Recreation, Health, and Tourism

HEAL 110-5P2—Personal Health (3)  
Spring 2010

DAY/TIME:	T R 1:30PM-2:45PM	LOCATION:	Aquatic Center 112
INSTRUCTORS:	Elizabeth Hanfman, MA and Peggy Stull, MEd	EMAIL ADDRESS:	ehanfman@gmu.edu pstull@gmu.edu
OFFICE LOCATION:	4260 Chain Bridge Road; Suite A6	PHONE NUMBER:	703-993-3697
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#### PREREQUISITES

None

#### COURSE DESCRIPTION

Examines personal lifestyle choices and translates theories into practice. Assesses aspects of health that could inevitably change the student's perspective regarding wellness, disease prevention, reproductive health and fitness.

#### 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 21<sup>st</sup> 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. (2009). An Invitation to Health (2009-2010 ed.). Belmont, CA : Wadsworth Cengage Learning.

## Evaluation

Reaction Paper 1	30
Reaction Paper 2	30
Health Change Plan Paper	50
Health Change Plan Presentation	25
Exam 1	40
Exam 2	40
Final Exam	50
Participation	35
Total	300 Points

### Grading Scale

284-300= A	269-283=A-	262-268=B+	251-261=B
239-250=B-	230-238=C+	221-229=C	209-220=C-
194-208=D	<193=F		

### Exams (2 @ 40 Points Each & 1 Final Exam @ 50 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 (March 2), the second will cover chapters 8-13 (April 1), and the final exam will cover chapters 14 through 20 (May 6).

### Reaction Papers (2 @ 30 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 February 11 and reaction paper 2 is due in class on April 8.

### Health Change Plan Paper (50 Points)

Write an 8-10 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 and Wellness Assessment as a guideline. You are free to use charts, lists and diagrams. Be creative! The paper is due in class on April 27.

### Health Change Plan Presentation (25 Points)

At the last two class meetings (April 27 and 29) groups of students will be required to present their health change plans to the class. Each group member will be required to pick one of the six categories (Emotional Health, Fitness and Body Care, Environmental Health, Stress, Nutrition, Medical Self-Responsibility) to focus on in the presentation. Define the category and what it has meant to you in your health plan. The use of PowerPoint, posters, or other visuals is encouraged but not required. Your presentation should be about 10 minutes per group.

### Participation (35 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
January	19	Introduction & Overview		
January	21	Your Invitation to Healthy Change	Chapter 1	
January	26	Emotional and Spiritual Well-Being	Chapter 2	
January	28	Personal Stress Management	Chapter 3	
February	2	Personal Stress Management cont.		
February	4	Your Mental Health	Chapter 4	
February	9	The Joy of Fitness	Chapter 5	
February	11	Personal Nutrition	Chapter 6	<i>Reaction Paper #1 Due</i>
February	16	Personal Nutrition cont.		
February	18	In Class Movie		
February	23	In Class Movie		
February	25	Taking Control of Your Weight	Chapter 7	
March	2	<b>EXAM 1</b>		Covers Chapters 1-7
March	4	Communicating and Relating	Chapter 8	
March	9	<b>No Class: Spring Break</b>		
March	11	<b>No Class: Spring Break</b>		
March	16	Personal Sexuality and Reproductive Choices	Chapters 9 and 10	
March	18	Avoiding Addictive Behaviors and Drug Abuse	Chapter 11	
March	23	Alcohol Use, Misuse, and Abuse	Chapter 12	
March	25	Alcohol Use, Misuse, and Abuse cont.		
March	30	Tobacco Use, Misuse, and Abuse	Chapter 13	
April	1	<b>EXAM 2</b>		Covers Chapters 8-13
April	6	Preventing Major Diseases	Chapter 14	
April	8	Avoiding Infectious Diseases and Lowering Your Risk of Sexually Transmitted Infections	Chapter 15 and 16	<i>Reaction Paper #2 Due</i>
April	13	Getting Quality Traditional and Nontraditional Health Care	Chapter 17	
April	15	In Class Movie		
April	20	Protecting Yourself from Injury, Violence, and Victimization	Chapter 18	
April	22	Working Toward a Healthy Environment and A Lifetime of Health	Chapter 19 and Chapter 20	
April	27	Health Change Presentations		<i>Health Change Paper Due</i>
April	29	Health Change Presentations		
May	6	<b>1:30-4:15; FINAL EXAM</b>		<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 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](http://www.gmu.edu/student/drc)]
- ❖ For additional School of Recreation, Health, and Tourism information, please visit the website at <http://rht.gmu.edu>