



## REQUIRED READINGS

Hales, Dianne (2009-2010). *An Invitation to Health, 2009-2010 Edition*. Belmont, CA: Wadsworth Cengage Learning.

## EVALUATION

Students are held to the standards of the George Mason University Honor Code. You are expected to attend all class sections, actively participate in class discussions and fulfill all assignments. **Assignments must be turned in at the beginning of class on the specified date or deductions will be incurred.** Assignments have been scheduled in advance to provide you with sufficient time to plan and complete the assignment. **Please make note of the due dates for all key assignments.** Submitting assignments electronically is acceptable; however, the **student is responsible** for submitting a hard copy to the instructor for grading. Note: electronically submitted work must be in by the *start of class time* for full credit. Instructor will not print your work. You will not receive a grade unless you submit a hard copy of your assignment.

**NOTE: All guest speaker information is “testable”.**

**This course will be graded on a point system.**

<i>Requirements</i>	<i>Points</i>
Weekly Goal Sheets (10)	30 points
Exam #1	10 points
Exam #2	10 points
Exam #3	10 points
Exam #4	10 points
Required assignment (1)	10 points
Required assignment (2)	5 points
Project	15 points
<i>Bonus Point Options</i> (10)	<u>10 points</u>
	110 points

DATE		IN CLASS TOPIC	DUE
January	19	<b>Goal Sheet &amp; Syllabus Review; Ch. 1: Invitation to Healthy Change</b>	
	26	<b>Ch. 2: Emotional &amp; Spiritual Well-Being</b>	<b>Goal Sheet #1</b> <i>Bonus point option #1: yoga/stretch class</i>
February	2	<b>Ch. 3: Personal Stress Management</b>	<b>Goal Sheet #2</b> <i>Bonus point option #2: Exercise class of choice (ask about gym options)</i>
	9	<b>Ch. 4: Your Mental Health Take Home Exam #1 distributed</b>	<b>Goal Sheet #3</b> <i>Bonus point option #3: View You Tube video “Anorexic Male Model” and comment on Jeremy’s story in one paragraph</i>
	16	<i>Possible Guest Speaker (STI’s)</i>	<b>Exam #1</b> <b>Goal Sheet #4</b> <i>Bonus point option #4: Grocery Search—Bread with 5 or more grams of fiber per serving</i>
	23	<b>Ch. 5: The Joy of Fitness</b>	<b>Goal Sheet #5</b> <i>Bonus point option #5: Self-survey page 141—typed</i>
March	2	<i>Possible Guest Speaker (Alcohol)</i>	<b>Required Assignment #1 (My Pyramid)</b> <b>Goal Sheet #6</b> <i>Bonus point option #6: Typed healthy recipe using 3 different fruits or 3 different vegetables</i>
	9	<b>Spring</b>	<b>Break</b>
	16	<b>Ch. 6: Personal Nutrition Take Home Exam #2 distributed</b>	
	23	<b>Ch. 7: Taking Control of Your Weight</b>	<b>Exam #2</b> <b>Goal Sheet #7</b> <i>Bonus point option #7: Critical Thinking Question #3, page 179—typed</i>

	30	<b>Ch. 8: Communicating and Relating</b>	<b>Goal Sheet #8</b> <i>Bonus point option #8:</i> <i>Self-survey page 365—typed</i>
April	6	<b>Ch. 11: Avoiding Addictive Behaviors and Drug Abuse</b>	<b>Required Assignment #2 (Lipid Panel)</b> <b>Goal Sheet #9</b> <i>Bonus point option #9:</i> <i>Write your “Ideal Day of Health” plan to include your menu for the day, exercise, stress reduction, etc. (no more than one page)</i>
	13	<b>Ch. 13: Tobacco Use, Misuse, and Abuse</b> <b>Take Home Exam #3 distributed</b>	<b>Goal Sheet #10</b> <i>Bonus point option #10:</i> <i>Medical physical or teeth cleaning (within last 3 months—show documentation)</i>
	20	<b>Ch. 14: Preventing Major Diseases</b>	<b>Exam #3</b> <i>(Work on projects!)</i>
	27	<b>Ch. 15: Avoiding Infectious Disease</b> <b>Take Home (final) Exam #4 (distribution via email TBA)</b>	<b><u>Projects Due</u></b>
May	11	<b>Final (Exam #4)</b>	<b>Take Home Exam #4 Due</b>

*Note: Instructor reserves the right to alter the schedule as necessary.*

## **GOAL SHEET, PROJECT & BONUS POINT CRITERIA**

### **GUIDELINES:**

1. **Bonus Point Options** are not required. They are available for extra points and are due at the beginning of the class (see syllabus). The requirements for each will be determined by the instructor and presented in class or listed on the syllabus. All exercise class options require you to submit a sheet of paper with the class title, instructor, and time. The class instructor must sign the sheet for credit.
2. Students are expected to complete weekly **Goal Sheets**. There are 10 total Goal Sheets. 10 Goal Sheets worth 30 points (3 points each).
3. A sample format for Goal Sheets is attached. Students are expected to turn in completed ***typed*** sheets on the designated due dates (Minus 1 point for handwritten assignments). Please follow sheet format to receive full credit.
4. Students are required to save all graded Goal Sheets for inclusion in **Project**. You are encouraged to keep them in a folder for safe-keeping or saved on your computer.

5. **Required Assignments: (1) My Pyramid and (2) Blood Lipid Panel.** For My Pyramid, refer to assignment given in class. Students will obtain a Blood Lipid Panel that provides total cholesterol, HDL, and risk ratio. The Freedom Center offers this service a couple times per year—check the web site. If you have obtained a lipid panel within the last three months of the due date, bring the lab results in for credit. **Project** will include: completed Goal Sheets, a Journal Review, and a short Paper discussing your behavior modifications/lifestyle changes during the course of this semester. Note due date.
6. Research topic for the Journal Review portion of the Project will reflect any information covered in class or related topic. Three (3) researched journal articles are required—all on the same topic. Journal articles will be dated 2005 to present. A photocopy of the original articles will be turned in with the student’s one-page, typed review. In a journal review, you are expected to comment on the findings. Note: articles must be from approved sources (reputable, peer-reviewed journals).
7. The written Paper should be a maximum of 3-pages. It is a typed discussion on the behavior modifications/lifestyle changes you have made (or not made) during this course. The following points should be addressed in your paper:
  - Reflect on your goal sheets and the expectations you had for yourself
  - Why were you successful/ unsuccessful at meeting your goals?
  - How could you have done things differently?
  - Were the positive changes ones that you can maintain?
  - Are there undesirable behaviors with which you still struggle?
  - Evaluate the “ups” and “downs” contributing to your results
  - Conclude with a design of your “personal next steps”

**PROJECT GRADING:**

**Project Presentation** **3 points**

- Design, creativity, content, style
- Bibliography (APA Guidelines)
- Table of Contents

**Journal Review** **4 points**

**Paper** **8 points**

***Total Possible Project Points*** ***15 points***

**Special Note:** College-level writing skills are expected on ALL submitted work. Pay attention to spelling, grammar, punctuation, etc. Your submitted work “as a whole” will be considered. Thank you.

Goal Sheet # \_\_\_\_\_

Name/Date: \_\_\_\_\_

Note: At least <u>one</u> Goal must relate to the educational material for that week of class.	Sun	Mo n	Tues	Wed	Thu	Fri	Sat
<b>Goal #1:</b>							
<b>Goal #2:</b>							
<b>Goal #3:</b>							

Check off completed goals for each day

### Results this Week:

- I did not do as well as I had hoped
- I did "okay"
- I did well
- I did a fantastic job—could not have done better

### Reality Check:

Why were you successful/unsuccessful at meeting your goals? Discuss at least two "ups" and two "downs" that contributed to your results. **Remember, this section is to discuss WHY. Do not repeat WHAT you did. Analyze why you got the results above. NOTE: You may have a repeating goal week-to-week ONLY if you tweak the goal to make incremental improvements! It may NOT be exactly the same each week.**

*Again, don't repeat WHAT you did...figure out WHY...take an introspective look.*