

GEORGE MASON UNIVERSITY
School of Recreation, Health, and Tourism

HEAL 110 – Personal Health (3)
Spring 2011

| | | | |
|------------------|----------------------------------|----------------|--|
| DAY/TIME: | TH 4:30 – 7:10 p.m. | LOCATION: | David King Hall 1006 |
| INSTRUCTOR: | Jeanmarie Gallagher, MS, RCEP | EMAIL ADDRESS: | jgallag8@gmu.edu |
| OFFICE LOCATION: | Suite 201 Bull Run Hall | PHONE NUMBER: | 703 993-2060 |
| OFFICE HOURS: | By appointment only | FAX NUMBER: | 703-993-2025 |

PREREQUISITES: None

COURSE DESCRIPTION

Focuses on individual health improvement by studying mental/emotional well-being, fitness, nutrition, drug abuse prevention, consumerism, safety and other topics.

COURSE OBJECTIVES

By the end of the course the students will be able to:

1. Recognize specific aspects and determinants of personal health;
2. Demonstrate knowledge in ten basic health areas:
 - a. Mental/emotional well-being;
 - b. Fitness;
 - c. Nutrition/weight management;
 - d. Family/social wellness;
 - e. Alcohol, tobacco and other substance abuse prevention;
 - f. Infectious/chronic disease control and prevention;
 - g. Consumerism and health care utilization;
 - h. Safety;
 - i. Human growth and development; and
 - j. Environmental conservation.
2. Identify ways they can improve their personal health;
3. Investigate the basic principles of the functioning of the human body as they relate to a person's health behavior choices and practices; and
4. Examine and discuss key facts, issues and problems related to personal health.

COURSE OVERVIEW

In this course you will not only learn the above objectives but will be applying this knowledge in analysis of your own life and health behaviors.

Personal Health Analysis Papers: 1-2 page personal analysis of your own health behaviors/habits as compares to guidelines/recommendations reviewed in lectures.

18.75 points – Page One: Personal Health History Analysis - Due Feb 10th

18.75 points – Page Two: Therapeutic Lifestyle Changes (Exercise/Nutrition/Stress) – Due March 5th

18.75 points – Page Three: Health Risks (Sexual Health, Addiction) – Due April 7th

18.75 points – Page Four: Preventative Health – Due May 5th

Paper: A 4-5 page paper will be due on April 28th. This paper will be a cumulative effort. During the semester a health behavior change will be selected by the student and the process in making that change will be analyzed in the paper. Papers will be in APA style and reflect the collegiate level of education especially in reference to style, grammar, and spelling.

Each exam will be 50 questions combination of multiple short and fill in the blank questions taken from both the text and materials discussed in lectures. Review points will be outlined at the end of chapter to assist in preparation for examinations. The questions will measure ability to identify, recall, differentiate, apply and analyze the subject matter.

Students are held to the standards of the George Mason University Honor Code. Students are expected to attend all class sections, actively participate in class discussions, and fulfill all assignments. Participation is 5% of grade. Assignments must be turned in at the beginning of class on the specified date due or **no credit will be given**. Students must take all four exams. In order to have examination rescheduled, students must provide appropriate documentation i.e. GMU athletic competition, illness, etc.

REQUIRED READINGS

Hales, D. (2011). *An Invitation to Health: Choosing to Change*. (14th edition). Belmont, CA: Wadsworth, Cengage Learning

EVALUATION

This course will be graded on a point system, with a total of 500 possible points.

| Requirements | Points |
|--|------------|
| Exams 60% (lowest of 4 scores eliminated) | |
| #1 | 100 |
| #2 | 100 |
| #3 | 100 |
| #4 | 100 |
| <i>Behavior Change Paper 20%</i> | 100 |
| <i>Personal Health Analysis Papers 15%</i> | 75 |
| <i>Participation % 5</i> | 25 |
| TOTAL | 500 |

Grading Scale

| | | | |
|--------------|--------------|--------------|-----------------|
| A = 463-500 | B+ = 433-447 | C+ = 383-397 | D = 298-347 |
| A- = 448-462 | B = 413-432 | C = 363-382 | F = 297 or less |
| | B- = 398-412 | C- = 348-362 | |

TENTATIVE COURSE SCHEDULE

| DATE | | | TOPIC | READINGS/ASSIGNMENT DUE |
|------|----------|----|---|---|
| TH | January | 27 | Introduction to Personal Health 110, Chapter 1 Your Invitation to Healthy Change | Chapter 1 |
| TH | February | 3 | Chapter 2 Psychological and Spiritual Well-Being/Chapter 3 Personal Stress Management | Chapter 2 and 3 |
| TH | | 10 | Chapter 4 Taking Care of Your Mind, | Chapter 4, Personal Health Analysis Paper #1 Due |
| TH | | 17 | Chapter 5 The Joy of Fitness, Exam 1 Review | Chapter 5 |
| TH | | 24 | EXAM 1 : Chapters 1-5 , Chapter 6 Personal Nutrition | Chapter 6 |
| TH | March | 3 | Chapter 7 Manage Your Weight, Chapter 8 Communicating and Relating | Chapter 7 and 8, Personal Health Analysis Paper #2 Due |
| TH | | 10 | Chapter 9 Personal Sexuality, Chapter Reproductive Choices | Chapter 9 and 10 |
| TH | | 24 | EXAM 2: Chapters 6-10, Chapter 11 Avoiding Addictions | Chapter 11 |
| TH | | 31 | Chapter 12 Alcohol Use, Chapter 13 Tobacco Use, Misuse and Abuse | Chapter 12 and 13 |
| TH | April | 7 | Chapter 14 Preventing Major Diseases, Chapter 15 Avoiding Infectious Diseases | Chapter 14 and 15, Personal Health Analysis Paper #3 Due |
| TH | | 14 | EXAM 3: 11-15, Chapter 16 Lowering Your Risk for STI | Chapter 16 |
| TH | | 21 | Chapter 17 Getting Quality Traditional and Nontraditional Healthcare, Chapter 18 | Chapter 17 and 18 |
| TH | | 28 | Chapter 19 Creating a Healthier Environment and Chapter 20 A Lifetime of Health | Chapter 19 and 20, Health Behavior Change Paper Due |
| TH | May | 5 | Exam 4 Chapters 15-20 | Personal Health Analysis Paper #4 Due |

Note: Faculty reserves the right to alter the schedule as necessary.

Student Expectations

- Students must adhere to the guidelines of the George Mason University Honor Code [See <http://academicintegrity.gmu.edu/honorcode/>].
- Students with disabilities who seek accommodations in a course must be registered with the George Mason University Office of Disability Services (ODS) and inform their instructor, in writing, at the beginning of the semester [See <http://ods.gmu.edu/>].
- Students must follow the university policy for Responsible Use of Computing [See <http://universitypolicy.gmu.edu/1301gen.html>].
- Students are responsible for the content of university communications sent to their George Mason University email account and are required to activate their account and check it regularly. All communication from the university, college, school, and program will be sent to students solely through their Mason email account.
- Students must follow the university policy stating that all sound emitting devices shall be turned off during class unless otherwise authorized by the instructor.
- Students are expected to exhibit professional behaviors and dispositions at all times.

Campus Resources

- The George Mason University Counseling and Psychological Services (CAPS) staff consists of professional counseling and clinical psychologists, social workers, and counselors who offer a wide range of services (e.g., individual and group counseling, workshops and outreach programs) to enhance students' personal experience and academic performance [See <http://caps.gmu.edu/>].
- The George Mason University Writing Center staff provides a variety of resources and services (e.g., tutoring, workshops, writing guides, handbooks) intended to support students as they work to construct and share knowledge through writing [See <http://writingcenter.gmu.edu/>].
- For additional information on the College of Education and Human Development, School of Recreation, Health, and Tourism, please visit our website [See <http://rht.gmu.edu/>].

