

George Mason University
School of Recreation, Health, Fitness and Tourism
HEAL 110 Personal Health
Fall 2011

DAY/TIME: 7:20p W LOCATION: Robinson Hall A249
PROFESSOR: Rich Miller Ed.D. EMAIL ADDRESS: emiller@gmu.edu
OFFICE LOCATION: Occoquan 219A PHONE: (703)993-2066
OFFICE HOURS: M W 8:30-10:30a FAX: (703)993-2025

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 it relates 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

This course is a degree requirement of BSED Health and Physical Education, and BS Athletic Training and Education. It is also an elective for majors in other degree programs. Through a variety of learning activities, students will be expected to master content in 10 basic topics of personal health. They will also be expected to apply strategies for change to improve personal health. The development of student competencies in HEAL 110 relate to standards for the National Council for the Accreditation of Teacher Education, and the Commission and the Accreditation of Athletic Training Education.

REQUIRED READINGS

Hales, D. (2011). An invitation to health (14th ed.). Belmont, CA: Wadsworth Cengage Learning. SBN-13: 978-0-538-73655-8. Additional course material at Blackboard: <https://mymasonportal.gmu.edu>

EVALUATION

15% - First test	30% - Health improvement 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 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. 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.


A health improvement plan will be completed by each student according to guidelines posted at Blackboard. 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. 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.

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.

	Topic	Health area	Readings
Week 1	Your Invitation to Healthy Change; and Psychological and Spiritual Well-Being	Mental well-being	Chs 1, 2
Week 2	Finish: Psych Well-Being; Personal Stress Management	Mental well-being	Chs 2, 3
Week 3	Taking Care of Your Mind; and Joy of Fitness	Mental well-being; and Fitness	Chs 4, 5
Week 4	Finish: Joy of Fitness; Personal Nutrition	Fitness; and Nutrition/weight management	Chs 5, 6
Week 5	Managing Your Weight	Nutrition/weight management	Chs 6, 7
	<i>Health Improvement Plan Part 1 due (class presentation) First test covers material from Chs 1-7</i>		
Week 6	Communicating and Relating	Family/Social well-being	Chs 7, 8
Week 7	Finish: Communicating and Relating; Personal Sexuality	Family/Social well-being	Chs 8, 9
Week 8	Reproductive Choices; and Avoiding Addictions	Family/Social well-being; and Substance abuse prevention	Chs 10, 11, 12
Week 9	Finish: Avoiding Addictions; Alcohol Use, Misuse and Abuse; and Tobacco Use, Misuse and Abuse; and Preventing Major Diseases	Substance abuse prevention; and Infectious and chronic disease prevention and control	Chs 12, 13, 14
	<i>Health Improvement Plan Part 2 due (class presentation) Second test covers material from Chs 8-13</i>		
Week 10	Finish: Preventing Major Diseases; and Avoiding Infectious Diseases	Infectious and chronic disease prevention and control	Chs 14, 15
Week 11	Lowering Risk of Sexually Transmitted Diseases; and Getting Quality Traditional/Nontraditional Health Care	Infectious/chronic disease prevention and control; and Consumerism/health care utilization	Chs 16, 17
Week 12	Finish: Traditional/Nontraditional Care; Protecting From Injury	Consumerism and health care utilization; and Safety	Ch 18
Week 13	Creating a Healthier Environment; and Lifetime Health	Environmental conservation; and Growth and development	Ch 19
Week 14	Finish: Lifetime Health	Growth and development	Ch 20
	<i>Health Improvement Plan Part 3 due (class presentation) Third test covers material from Chs 14-20</i>		

	<ul style="list-style-type: none"> ❖ 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. ❖ All communication from the university, college, school and program will be sent to students through their Mason email account only. Students are responsible for the content of university communication sent to their Mason email account and are required to activate their account and check it regularly. ❖ 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 http://ods.gmu.edu] ❖ Counseling and Psychological Services (CAPS) offers a wide range of services to students that are provided by a staff of professional counseling and clinical psychologists, social workers, and counselors. The Center provides individual and group counseling, workshops and outreach programs -- experiences to enhance a student's personal experience and academic performance. [See http://caps.gmu.edu] ❖ For additional School of Recreation, Health, and Tourism information, please visit the website at http://rht.gmu.edu.
---	---