

GEORGE MASON UNIVERSITY
School of Recreation, Health, and Tourism

HEAL 110 – Personal Health (3)
Spring 2012

DAY/TIME:	TH 4:30 – 7:10 p.m.	LOCATION:	Science and Technology I -212
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.
3. Identify ways they can improve their personal health;
4. Investigate the basic principles of the functioning of the human body as they relate to a person's health behavior choices and practices; and
5. 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 9th

18.75 points – Page Two: Therapeutic Lifestyle Changes (Exercise/Nutrition/Stress) – Due March 1st

18.75 points – Page Three: Health Risks (Sexual Health, Addiction) – Due April 5th

18.75 points – Page Four: Preventative Health – Due April 26th

Paper: A 4-5 page paper will be due on April 19th. 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	26	Introduction to Personal Health 110, Chapter 1 Your Invitation to Healthy Change	Chapter 1
TH	February	2	Chapter 2 Psychological and Spiritual Well-Being/Chapter 3 Personal Stress Management	Chapter 2 and 3
TH		9	Chapter 4 Taking Care of Your Mind,	Chapter 4, Personal Health Analysis Paper #1 Due
TH		16	Chapter 5 The Joy of Fitness, Exam 1 Review	Chapter 5
TH		23	EXAM 1 : Chapters 1-5 , Chapter 6 Personal Nutrition	Chapter 6
TH	March	1	Chapter 7 Manage Your Weight, Chapter 8 Communicating and Relating	Chapter 7 and 8, Personal Health Analysis Paper #2 Due
TH		8	Chapter 9 Personal Sexuality, Chapter 10 Reproductive Choices	Chapter 9 and 10
TH		22	EXAM 2: Chapters 6-10, Chapter 11 Avoiding Addictions	Chapter 11
TH		29	Chapter 12 Alcohol Use, Chapter 13 Tobacco Use, Misuse and Abuse	Chapter 12 and 13
TH	April	5	Chapter 14 Preventing Major Diseases, Chapter 15 Avoiding Infectious Diseases	Chapter 14 and 15, Personal Health Analysis Paper #3 Due
TH		12	EXAM 3: 11-15, Chapter 16 Lowering Your Risk for STI	Chapter 16
TH		19	Chapter 17 Getting Quality Traditional and Nontraditional Healthcare, Chapter 18 <i>Protecting</i>	Chapter 17 and 18 Health Behavior Change Paper
TH		26	Chapter 19 Creating a Healthier Environment and Chapter 20 A Lifetime of Health	Chapter 19 and 20, Personal Health Analysis Paper #4
TH	May	3	EXAM 4: Chapters 15-20	

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/>].

CORE VALUES COMMITMENT: The College of Education and Human Development is committed to collaboration, ethical leadership, innovation, research-based practice, and social justice. Students are expected to adhere to these principles.

