

GEORGE MASON UNIVERSITY
School of Recreation, Health, and Tourism

HEAL 110-5P2 — Personal Health (3)
Spring 2012

DAY/TIME: TH 3:00 – 4:15 p.m. LOCATION: Science Tech I #127
INSTRUCTOR: Lida Thanarak Pitsch EMAIL ADDRESS: lthanara@gmu.edu

OFFICE HOURS: By appointment

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

Attendance:

Students are expected to be on time, attend all class meeting and will be prepared for class discussion.

Quizzes:

A quiz will be given most Thursdays at the beginning of class. The quiz will be 10 points based on Tuesdays' lecture content that occurred in class. Quiz material can be comprised of lecture content, class discussion, class activities, and questions answered in the previous class. You are not required to bring a Scantron for this portion. If you are late to class, you cannot make up the quiz at the end of class.

Examination:

This course is comprised of 3 class exams and 1 final exam that have multiple choice answers. The examinations may cover material in the required textbook, class notes, and discussion completed during class sessions. Examinations are given via Blackboard, the exam is multiple choice, true/false, and timed (whatever questions left unanswered will be considered wrong if it is not done in the time permitted). Once you log in to take the exam you are committed and cannot change your mind, you are given one chance. You grade will be given at the end of the exam.

Project/Paper Assignments:

Refer to the Course Outline due dates. You will be expected to complete 10 written assignments (12 point Times New Roman font, double spaced, at least 1 page in length each, completed with a reference list, and cover page) each assignment is worth 10 points. A cumulative written assignment is due at the end of semester that is worth 15 points that will be a minimum of 10 pages not including cover page and references. A total value of 115 points, details of the assignments will be given in class.

Make Up Work:

Students who are absent or who arrived late without an official university or a medical doctor's excuse will not be permitted to participate in the class activities for credit the day of the absence or tardy event. There will be no make-up quizzes or exams unless an excused absence has been warranted. Students, who miss an examination, quiz or other class activity because of an excused absence must complete the assignment **within a week of the excused absence**. It is the student's obligation to pursue any make-up work.

Late Assignments:

All work is due at the beginning of class time on the indicated day. **NO LATE WORK WILL BE ACCEPTED!**

Syllabus:

The instructor reserves the right to make changes to the syllabus as needed. Changes will be announced (repeatedly) in class. Instructor is not obligated to modify changes to syllabus posted on Blackboard or email students updated syllabus. It is the responsibility of the students to attend class on a regular base to stay current on assignments, due dates, and changes.

NATURE OF COURSE DELIVERY

Face to face

REQUIRED READINGS

Hales, D. (2009). *An invitation to health* (2009-2011 ed.). Belmont, CA: Wadsworth Cengage Learning.
Jones, X. X. & Jones, Y. (2000). *Brilliance and insight: A primer for college students* (99th edition). New Jersey: Innovative Publishing, Inc.

EVALUATION

This course will be graded on a point system, with a total of 745 possible points.

Requirements	Points
Exam	
#1	100
#2	100
#3	100
#4	200
<i>Research Paper</i>	115
<i>Quizzes</i>	<u>130</u>
TOTAL	745

Grading Scale

A = 94 – 100	B+ = 88 – 89	C+ = 78 – 79	D = 60 – 69
A- = 90 – 93	B = 84 – 87	C = 74 – 77	F = 0 – 59
	B- = 80 – 83	C- = 70 – 73	

TENTATIVE COURSE SCHEDULE

DATE			TOPIC	READINGS/ASSIGNMENT DUE
T	January	24	Introduction; Chapter 1 Your Invitation to Health Change	
TH	January	26	Chapter 2 Psychological and Spiritual Well-Being	Quiz 1
T	January	31	Chapter 3 Personal Stress Management	Paper 1 Topic Introduction
TH	February	2	Chapter 4 Taking Care of Your Mind	Quiz 2
T	February	7	Chapter 4 Taking Care of Your Mind	Paper 2 Program Description
TH	February	9	Chapter 5 The Joy of Fitness	Quiz 3
T	February	14	Chapter 5 The Joy of Fitness	Paper 3 Program Purpose
TH	February	16	Chapter 6 Personal Nutrition	Quiz 4
T	February	21	Chapter 6 Personal Nutrition	Paper 4 About the Participants
TH	February	23	Chapter 7 Managing Your Weight	Quiz 5
T	February	28	Chapter 7 Managing Your Weight	Paper 5 Time Frame
TH	March	1	Chapter 8 Communication and Relating	Quiz 6
T	March	6	Chapter 8 Communication and Relating	Test #1 Chapter 1-8 (3/7-3/11)
TH	March	8	Chapter 9 Personal Sexuality	Quiz 7
T	March	13	Spring Break	
TH	March	15	Spring Break	
T	March	20	Chapter 10 Reproductive Choices	Paper 6 Location and Setting
TH	March	22	Chapter 11 Avoiding Addictions	Quiz 8
T	March	27	Chapter 11 Avoiding Addictions	Paper 7 Benefits
TH	March	29	Chapter 12 Alcohol Use, Misuse, and Abuse	Quiz 9
T	April	3	Chapter 12 Alcohol Use, Misuse, and Abuse	Paper 8 Program Outcomes
TH	April	5	Chapter 13 Tobacco Use, Misuse, and Abuse	Quiz 10
T	April	10	Chapter 14 Preventing Major Disease	Paper 9 Program Limitations
TH	April	12	Chapter 14 Preventing Major Disease	Quiz 11
T	April	17	Chapter 15 Avoiding Infectious Diseases	Test #2 Chapter 9-15 (4/18-4/22)
TH	April	19	Chapter 16 Lowering Your Risk of Sexually Transmitted Infection	Quiz 12
T	April	24	Chapter 17 Getting Quality Traditional and Nontraditional Health Care	Paper 10 Conclusion

DATE			TOPIC	READINGS/ASSIGNMENT DUE
TH	April	26	Chapter 18 Protecting Yourself from Injury, Violence, and Victimization	Quiz 13
T	May	1	Chapter 19 Creating A Healthier Environment	Paper 11 Final Paper
TH	May	3	Chapter 20 A Lifetime Of Health	Test #3 Chapter 16-20 (5/4-5/8)
T	May	8	Reading Day	
T	May	15	Final Exam 1:30 pm – 4:15 pm	Test #4 Comprehensive - Chapters 1-20

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>].

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.

