

GEORGE MASON UNIVERSITY  
School of Recreation, Health, and Tourism

HEAL 110 – Personal Health (3)  
Fall 2012

DAY/TIME:	W 7:20 – 10 p.m.	LOCATION:	Robinson A 105
INSTRUCTOR:	Mena Nakhla	EMAIL ADDRESS:	MNakhla2@gmu.edu
OFFICE HOURS:	By appointment only	PHONE NUMBER:	571-482-8331

**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**

The focus of this course is health for the 21<sup>st</sup> century. Through a variety of learning activities, students will be expected to master content in 10 content areas of personal health. Students will also be expected to apply strategies for change to improve personal health.

**REQUIRED TEXT**

Hales, D. (2011). *An Invitation to Health (14<sup>th</sup> edition)*. Belmont, CA: Wadsworth Cengage Learning

**NATURE OF COURSE DELIVERY** – Face to face

**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 discussion, and fulfill all assignments. Assignments must be turned in at the beginning of class on the specified date due or no credit will be given. Assignments have been scheduled in advance to provide you with sufficient time to plan and complete the assignment. Only students with extreme emergencies, a documented medical excuse or university sponsored functions discussed with the professor prior to the due date will be given consideration for exception. It is further recommended that students make copies of all written work submitted

**This course will be graded on a point system, with a total of 100 possible points**

Requirements	Points
Midterm exam	30
Final exam	30
Paper	20
In-class Attendance/Participation/Quizzes	20
<b>TOTAL</b>	<b>100</b>

**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
w	August	29	Introduction to Personal Health 110, Chapter 1 Your Invitation to Healthy Change.	<b>Chapter 1</b>
w	September	5	Chapter 2 Psychological and Spiritual Well-Being. Chapter 3 Personal Stress Management.	<b>Chapter 2 and 3</b>
w	September	12	Individual Assignment.	
w	September	19	Chapter 4 Taking Care of Your Mind, Chapter 5 The Joy of Fitness.	<b>Chapter 4 and 5</b>
w	September	26	Chapter 6 Personal Nutrition, Chapter 7 Manage Your Weight.	<b>Chapter 6 and 7</b>
w	October	3	Chapter 8 Communicating and Relating, Chapter 9 Personal Sexuality and Chapter 10 Reproductive Choices Reproductive Choices.	<b>Chapter 8, 9 and 10</b>
w	October	10	<b>Midterm Exam: Chapters 1 - 10</b>	
w	October	17	Chapter 11 Avoiding Addictions, Chapter 12 Alcohol Use	<b>Chapter 11 and 12</b>
w	October	24	Chapter 13 Tobacco Use, Misuse and Abuse, Chapter 14 Preventing Major Diseases	<b>Chapter 13 and 14</b>
w	October	31	Chapter 15 Avoiding Infectious Diseases, Chapter 16 Lowering Your Risk for Sexually Transmitted Infection	<b>Chapter 15 and 16</b>
w	November	7	Chapter 17 Getting Quality Traditional and Nontraditional Healthcare, Chapter 18 Protecting yourself from Injury, Violence, and Victimization	<b>Chapter 17 and 18</b>
w	November	14	Chapter 19 Creating a Healthier Environment.	<b>Chapter 19 Personal Health Paper Due</b>
w	November	21	<b>Thanksgiving Break</b>	
w	November	28	Chapter 20 A Lifetime of Health	<b>Chapter 20</b>
w	December	5	<b>Personal Application Review for Final Exam</b>	
w	December	12	<b>Final Exam – 7:30 p.m.</b>	

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

## DESCRIPTION OF COURSE REQUIREMENTS AND ASSIGNMENTS

Students should submit all assignments electronically before class.

**Personal Health Paper:** A 4 page paper will be due on November 14<sup>th</sup>. Each student will select a health behavior change and will write about the behavior, desired outcome, the process in making the change, challenges making the behavior change.

### Exams

Midterm exam: 30 points

Final exam: 30 points

#### *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.

