

GEORGE MASON UNIVERSITY  
School of Recreation, Health, and Tourism

HEAL 110 – Personal Health (3)  
SPRING 2013 SECTION DL1

|                  |                                      |                |  |
|------------------|--------------------------------------|----------------|--|
| DAY/TIME:        | Online Education                     | LOCATION:      | Online Education                                     |
| INSTRUCTOR:      | Luanne Norden, MA                    | EMAIL ADDRESS: | <a href="mailto:lnorden@gmu.edu">lnorden@gmu.edu</a> |
| OFFICE LOCATION: | BRH-206                              | PHONE NUMBER:  | 703-993-2032   |
| OFFICE HOURS:    | MW 8:00-10:00 a.m.<br>BY APPOINTMENT | 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

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.

#### NATURE OF COURSE DELIVERY

This is an online, distance education course. Assignments and course announcements are posted through Blackboard. There are no class meetings.

#### DISTANCE EDUCATION EXPECTATIONS

Students are held to the standards of the George Mason University Honor Code. Distance education relies on mutual communication and trust. Students are expected to complete their own work without inappropriate assistance. Students are expected to log into the course M-F to stay current on course announcements. Much of the communication between the instructor and students takes place via email. The instructor will reply to students' emails within 24 hours, M-F. Students are expected to reply to the instructor's email within 24 hours, M-F. Students are expected to participate in discussion boards and fulfill all assignments. Assignments must be submitted on the specified due date for full credit to be earned.

## REQUIRED

- 1) Textbook-Hales, D. (2013). *An Invitation to Health (15<sup>th</sup> edition)*. Belmont, CA: Wadsworth Cengage Learning.
- 2) Access to Blackboard at <http://mymason.gmu.edu>

## EVALUATION

Exam 1—50 points  
Exam 2—50 points  
Exam 3—50 points  
Health Change Plan (HCP) —75 points  
Assignments and Discussion Boards—125 points  
**TOTAL—350 points**

### Grading Scale

|              |              |              |                   |
|--------------|--------------|--------------|-------------------|
| A = 329-350  | B+ = 308-314 | C+ = 273-279 | D = 210-244       |
| A- = 315-328 | B = 294-307  | C = 259-272  | F = 209 and below |
|              | B- = 280-293 | C- = 245-258 |                   |

TENTATIVE COURSE SCHEDULE *Faculty reserves the right to alter the course schedule as necessary.*

| WEEK         | TOPIC   | READINGS/EXAMS                      |
|--------------|---|-------------------------------------|
| 1 (1/22-25)  | Your Invitation to a Healthy Future   | Chapter 1/ Introductions            |
| 2 (1/28-2/1) | Your Psychological and Spiritual Well-Being                                 | Chapter 2                           |
| 3 (2/4-8)    | Caring for Your Mind  | Chapter 3/HCP Contract              |
| 4 (2/11-15)  | Personal Stress Management  | Chapter 4                           |
| 5 (2/18-22)  | Social Health   | Chapter 5                           |
| 6 (2/25-3/1) | Personal Nutrition  | Chapter 6                           |
| 7 (3/4-8)    | Managing Your Weight  | Chapter 7/ <b>Exam 1</b>            |
| 8 (3/18-22)  | The Joy of Fitness  | Chapter 8                           |
| 9 (3/25-29)  | Personal Sexuality & Reproductive Choices                                   | Chapters 9 & 10/HCP Midpoint Report |
| 10 (4/1-5)   | Lowering Your Risk of Sexually Transmitted Infections & Avoiding Addictions | Chapters 11 & 12                    |
| 11 (4/8-12)  | Alcohol & Tobacco   | Chapters 13 & 14/ <b>Exam 2</b>     |
| 12 (4/15-19) | Preventing Major Disease & Infectious Illnesses                             | Chapters 15 & 16                    |

| WEEK          | TOPIC  | READINGS/EXAMS                  |
|---------------|--|---------------------------------|
| 13 (4/22-26)  | Traditional and Nontraditional Health Care & Personal Safety | Chapters 17 & 18                |
| 14 (4/29-5/3) | A Healthier Environment & A Lifetime of Health               | Chapters 19 & 20                |
| 15 (5/8-13)   |  | HCP Final Report/ <b>Exam 3</b> |

#### Assignments (100 points total)

Assignments will consist of chapter quizzes and assessments to help you master the concepts in the readings.

#### Discussion Boards (5 discussions—25 points total)

A topic/question will be posted by the instructor and you will post your response as well as comments and questions to your classmates' responses. The topics/questions will be relevant to the readings. The discussions will be graded based on your knowledge and understanding of the readings and your ability to relate the concepts to everyday experiences.

#### Health Change Plan (75 points total)

An assessment will be completed to determine areas where change is most needed. A Health Change Contract will be completed and submitted. A midpoint progress report and final report are required.

#### Exams (3 exams—150 points total)

Each exam will consist of 50 multiple choice questions.

### POLICIES AND RESOURCES FOR STUDENTS

- Students must adhere to the guidelines of the George Mason University Honor Code [See <http://oai.gmu.edu/honor-code/>]
- 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.
- 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/>].
- 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 stating that all sound emitting devices shall be turned off during class unless otherwise authorized by the instructor.
- 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>].

## PROFESSIONAL DISPOSITIONS

Students are expected to exhibit professional behaviors and dispositions at all times.

## 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.

<http://cehd.gmu.edu/values/>

