

**GEORGE MASON UNIVERSITY**  
**School of Recreation, Health, and Tourism**

HEAL 430 – Seminar in Exercise Science/Health Promotion (3)  
Spring 2013

DAY/TIME:	R 7:20p	LOCATION:	Robinson B103
PROFESSOR:	Dr. Rich Miller	EMAIL:	emiller@gmu.edu
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OFFICE HOURS:	T & R 11:30a-1:30p	FAX NUMBER:	(703) 934-2195

**PREREQUISITES**

Completion of 90 hours

**COURSE DESCRIPTION**

Provides overview of contemporary and often controversial health issues with analysis of selected problems of current concern to society.

**COURSE OBJECTIVES**

At the completion of this course students should be able to:

1. Distinguish between health problems and health issues.
2. Analyze factual information in order to clarify health issues.
3. Relate current health issues/problems to health education in the workplace, school or community setting.
4. Demonstrate sensitivity in dealing with opposing viewpoints.
5. Synthesize knowledge obtained through the literature, presentations, group leadership and membership, and scholarly writing.

**COURSE OVERVIEW**

The purpose of this course is to assist students in understanding evidence-based principles and guideline development that ensure professional practices are safe, effective, and efficient. Evidence based principles and guideline development is the foundation of many practices including: medicine, physical therapy, athletic training, exercise science research, and the development of public health guidelines. This is an experiential class that further develops students to be prepared for an actual workplace environment. Following instructions, asking clarifying questions, and taking responsibility for all work products are key components. This class requires a high level of participation including completion of all in class activities and reading assignments.

**NATURE OF COURSE DELIVERY**

Face to face

**REQUIRED READINGS**

Weekly reading assignments and RHT Internship Manual at [mymason.gmu.edu](http://mymason.gmu.edu)

**EVALUATION**

<u>Requirements</u>	<u>Points</u>
Discussion Board responses to 5 weekly forums	15
Midterm Test	15
Internship paperwork	5
Issue paper and presentation	25
Health and Fitness Wiki pages	15
Participation in seminar activities	<u>25</u>
Total Points Possible	100

### Grading Scale

A = 93.5 – 100	B+ = 87.5 – 89.4	C+ = 77.5 – 79.4	D = 59.5 – 69.4
A- = 89.5 – 93.4	B = 82.5 – 87.4	C = 72.5 – 77.4	F = 0 – 59.4
	B- = 79.5 – 82.4	C- = 69.5 – 72.4	

**Discussion board responses to five weekly forums** involves in a Blackboard Discussion Forum. Each week during the first half of the semester, a topic will be introduced and discussed in class. Thereafter, the student posts responses to questions in the Bb Discussion Forum. Whereas there will be seven available weekly forums, the student only needs to post responses to five (5) of these forums.

**Midterm Test** involves each student completing an online 50-item multiple choice test that covers material from lectures, readings and activities during the first seven weeks of class. The student will be allowed two test attempts with the higher score factored into overall grade.

**Internship paperwork** involves drafting a resume and cover letter applicable to the student's intended internship placement. Students also need to complete forms in the RHT Internship Manual appendix.

**Issue paper and presentation** involves preparing, submitting and presenting a paper that relates to a current issue in health promotion or exercise science/kinesiology. Guidelines as well as a sample issue paper are provided at Blackboard.

**Health and Fitness Wiki pages** involves each student creating two different (unique) wiki pages. The wiki pages should be based upon the content of the student's issue paper. Each student must also make edits/contributions to two Wiki pages that were created by other students in the class. Guidelines are provided at Bb.

**Participation in seminar activities** involves being in full attendance during each class day and actively involved in class activities. Absence [ABSE] results in no credit. Arriving late [LATE], taking an extended break [BRK] or leaving early [LEFT] from class results in partial credit. Student non-course computer use or cell use [NCCS] is not active involvement in class activities and, therefore, results in partial credit. Although medical excuses are not accepted, each student is entitled to two excused [EXCU] absences during the semester.

### Course Schedule

Date	Topic	Readings/Assignments Due
Jan 28	Course introduction	<i>What Are You Going to Do?</i>
Feb 4	Being a professional in the field	<i>What is a Profession?</i>
Feb 11	Qualifications and traits	<i>Are You Qualified?</i>
Feb 18	Educating as a common competency	<i>Can You Educate?</i>
Feb 25	Health and fitness issues	<i>What's the Issue?</i>
Mar 4	Addressing English proficiency	<i>Do You Understand?</i>
Mar 18	Preparing for the internship	<i>Ready for the Internship</i>
	Midterm test covers material from the above reading assignments	
Mar 25	Preparing for the internship	RHT Internship Manual
Apr 1	Issue paper presentations	Wiki page creations and edits
Apr 8	Issue paper presentations	Wiki page creations and edits
Apr 15	Issue paper presentations	Wiki page creations and edits
Apr 22	Issue paper presentations	Wiki page creations and edits
Apr 29	Issue paper presentations	Wiki page creations and edits
Ma6 6	Issue paper presentations	Wiki page creations and edits

*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/>].

*The College of Education & Human Development is committed to the following five values: collaboration, ethical leadership, innovation, research-based practice, and social justice. Students are expected to adhere to these principles.* <http://cehd.gmu.edu/values/>

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>].

