

GEORGE MASON UNIVERSITY
School of Recreation, Health, and Tourism

HEAL 110-DL1 Personal Health (3)
FALL 2013

DAY/TIME:	Online Education	LOCATION:	Online Education
INSTRUCTOR:	Luanne Norden, MA	EMAIL ADDRESS:	lnorden@gmu.edu
OFFICE LOCATION:	BRH-206	PHONE NUMBER:	703-993-2032
OFFICE HOURS:	MW 8:00-10:00 a.m. 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 21st 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 (15th edition)*. Belmont, CA: Wadsworth Cengage Learning.
- 2) Access to Blackboard at <http://mymason.gmu.edu>

EVALUATION

This course will be graded on a point system, with a total of 350 possible points.

Quizzes—100 points
Discussion Boards and Assignments—25 points
Health Change Plan (HCP) —75 points
Exam 1—50 points
Exam 2—50 points
Exam 3—50 points
TOTAL—350 points

Quizzes

The quizzes are designed to assist you in mastering the concepts in the readings.

Discussion Boards and Assignments

A topic will be posted by the instructor for you to 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. The assignments are designed to introduce you to additional health resources.

Health Change Plan

A health 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

Each exam will consist of 50 multiple choice questions.

Exam 1—Chapters 1-7
Exam 2—Chapters 8-14
Exam 3—Chapters 15-20

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/ASSIGNMENT
1 (8/26-30)	Your Invitation to a Healthy Future	Chapter 1/ Introductions
2 (9/3-6)	Your Psychological and Spiritual Well-Being	Chapter 2
3 (9/9-13)	Caring for Your Mind	Chapter 3/HCP Contract
4 (9/16-20)	Personal Stress Management	Chapter 4
5 (9/23-27)	Social Health	Chapter 5
6 (9/30-10/4)	Personal Nutrition	Chapter 6
7 (10/7-11)	Managing Your Weight	Chapter 7/ Exam 1
8 (10-15-18)	The Joy of Fitness	Chapter 8
9 (10/21-25)	Personal Sexuality & Reproductive Choices	Chapters 9 & 10/HCP Midpoint Report
10 (10/28-11/1)	Lowering Your Risk of Sexually Transmitted Infections & Avoiding Addictions	Chapters 11 & 12
11 (11/4-8)	Alcohol & Tobacco	Chapters 13 & 14/ Exam 2
12 (11/11-15)	Preventing Major Disease & Infectious Illnesses	Chapters 15 & 16
13 (11/18-22)	Traditional and Nontraditional Health Care & Personal Safety	Chapters 17 & 18
14 (11/25-26)	A Healthier Environment	Chapter 19
15 (12/2-6)	A Lifetime of Health	Chapter 20
16 (12/10-13)		HCP Final Report/ Exam 3

Student Expectations

- Students must adhere to the guidelines of the George Mason University Honor Code [See <http://oai.gmu.edu/honor-code/>].
- 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/policies/responsible-use-of-computing/>].
- 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.

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/>].

PROFESSIONAL BEHAVIOR: 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.

