

GEORGE MASON UNIVERSITY  
School of Recreation, Health, and Tourism

HEAL 110-002 Personal Health (3)  
Spring 2014

DAY/TIME: TR 3 p.m. – 4:15 p.m. LOCATION: David King Hall 2053  
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**

	Points
Requirements	
Midterm exam	30
Final exam	30
Paper	15
In-class Attendance/Participation/Quizzes	25
<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
Tuesday	1/21	Introduction to Personal Health 110, Chapter 1 Your Invitation to Healthy Change.	<b>Chapter 1</b>
Thursday	1/23	Chapter 2 Psychological and Spiritual Well-Being.	<b>Chapter 2</b>
Tuesday	1/28	Chapter 3 Caring for Your Mind	<b>Chapter 2</b>
Thursday	1/30	Chapter 3 Taking Care of Your Mind	<b>Chapter 3</b>
Tuesday	2/4	Chapter 4 Personal Stress Management	<b>Chapter 4</b>
Thursday	2/6	Chapter 5 Social Health	<b>Chapter 5</b>
Tuesday	2/11	Chapter 6 Personal Nutrition	<b>Chapter 6</b>
Thursday	2/13	Chapter 7 Managing Your Weight	<b>Chapter 7</b>
Tuesday	2/18	Chapter 7 Managing Your Weight	<b>Chapter 7</b>
Thursday	2/20	Chapter 8 The Joy of Fitness	<b>Chapter 8</b>
Tuesday	2/25	Chapter 9 Personal Sexuality	<b>Chapter 9</b>
Thursday	2/27	Chapter 10 Reproductive Choices	<b>Chapter 10</b>
Tuesday	3/4	<b>MIDTERM EXAM</b>	
Thursday	3/6	Class activity	
Tuesday	3/11	<b>SPRING BREAK</b>	
Thursday	3/13	<b>SPRING BREAK</b>	
Thursday	3/18	Chapter 11 Lowering Your Risk of Sexually Transmitted Infections	<b>Chapter 11</b>

DATE		TOPIC	READINGS/ASSIGNMENT DUE
Tuesday	3/20	Chapter 12 Avoiding Addictions	<b>Chapter 12</b>
Thursday	3/25	Chapter 12 Avoiding Addictions	<b>Chapter 12</b>
Tuesday	3/27	Chapter 13 Alcohol	<b>Chapter 13</b>
Thursday	4/1	Chapter 13 Alcohol	<b>Chapter 13</b>
Tuesday	4/3	Class Activity	
Thursday	4/8	Chapter 14 Tobacco	<b>Chapter 14 Personal Health Paper Due</b>
Tuesday	4/10	Chapter 15 Preventing Major Disease	<b>Chapter 15</b>
Thursday	4/15	Chapter 15 Preventing Major Disease	<b>Chapter 15</b>
Tuesday	4/17	Chapter 16 Infectious Illness	<b>Chapter 16</b>
Thursday	4/22	Chapter 17 Traditional and Nontraditional Health Care	<b>Chapter 17</b>
Tuesday	4/24	Chapter 18 Personal Safety	<b>Chapter 18</b>
Tuesday	4/29	Chapter 19 A Healthier Environment	<b>Chapter 19</b>
Thursday	5/1	Chapter 20 A Lifetime of Health	<b>Chapter 20</b>
Thursday	5/8	<b>Final Exam – 1:30 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 3 page paper will be due on April 8<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 and challenges making the behavior change. The health behavior should be specific to the student; it can be a health behavior they have undertaken in the last year or one they are currently going through.

**Attendance and Participation:** You are expected to come to each class on time and well prepared and ready to contribute to the topic of the day! Attendance will be taken before the beginning of class; students arriving late will not receive credit for attending class. All reading should be completed by the start of class on the day for which an assignment is due. Class attendance and participation constitutes 25 points of your final grade. Text readings, guest speakers throughout the semester, and in-class assignments will serve as the basis for class discussion and participation. Your responses, comments, and general contributions will be the primary criteria

for evaluation, but attentiveness in class will also be taken into consideration. Instructor reserves the right to administer pop quizzes during the semester.

## **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://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.

