

GEORGE MASON UNIVERSITY
School of Recreation, Health, and Tourism

Personal Health HEAL 110-DL1 (3)
SPRING 2016

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:	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.

DELIVERY METHOD:

This course will be delivered online using an asynchronous (not “real time”) format via the Blackboard learning management system (LMS) housed in the [MyMason portal](#). You will log in to the Blackboard course site using your Mason email name (everything before “@masonlive.gmu.edu) and email password. The course site will be available on the first day of class.

TECHNICAL REQUIREMENTS:

To participate in this course, students will need the following resources:

- High-speed Internet access with a standard up-to-date browser, either Internet Explorer or Mozilla Firefox. Opera and Safari are not compatible with Blackboard;
- Consistent and reliable access to their GMU email and Blackboard, as these are the official methods of communication for this course
- Students may be asked to create logins and passwords on supplemental websites and/or to download trial software to their computer or tablet as part of the course requirements.
- The following software plug-ins for Pcs and Macs respectively, available for free downloading by clicking on the link next to each plug-in:
- Adobe Acrobat Reader: <http://get.adobe.com/reader/>
- Windows Media Player: <http://windows.microsoft.com/en-US/windows/downloads/windows-media-player>
- Apple QuickTime Player: www.apple.com/quicktime/download/

EXPECTATIONS:

- Course Week: Because online courses do not have a “fixed” meeting day, our week will start on Monday and finish on the following Monday at 11:59pm.
- Log-in Frequency: Students must actively check the course Blackboard site and their GMU email for communications from the instructor. Please check daily (M-F).
- Participation: Students are expected to actively engage in all course activities throughout the semester, which include viewing of all course materials, completing course activities and assignments, and participating in course discussions and group interactions.
- Technical Competence: Students are expected to demonstrate competence in the use of all course technology. Students are expected to seek assistance if they are struggling with technical components of the course.
- Technical Issues: Students should expect that they could experience some technical difficulties at some point in the semester and should, therefore, budget their time accordingly. Late work will not be accepted based on individual technical issues.

- Workload: Expect to log in to this course daily to read announcements, participate in the discussions, and work on course requirements. Remember, this course is not self-paced. There are specific deadlines and due dates listed in the DUE DATES document on Blackboard and on this syllabus to which you are expected to adhere. It is the student's responsibility to keep track of the weekly course schedule of topics, readings, activities and assignments due. Late work is not accepted.
- Advising: If you would like to schedule a one-on-one meeting to discuss course requirements, content or other course-related issues, and you are unable to come to the Mason campus, we can meet via telephone or web conference. Send me an email to schedule your one-on-one session and include your preferred meeting method and suggested dates/times.

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;	f. Infectious/chronic disease control and prevention;
b. Fitness;	g. Consumerism and health care utilization;
c. Nutrition/weight management;	h. Safety;
d. Family/social wellness;	i. Human growth and development; and
e. Alcohol, tobacco and other substance abuse prevention;	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.

REQUIRED

Textbook-Hales, D. (2015). *An Invitation to Health Live It Now* (16th edition). Stamford, CT: Cengage Learning.

EVALUATION

All work must be submitted by the specified due date/time for credit to be earned. Quizzes, Assignments, Discussion Boards, the Personal Change Plan, and Exams, will NOT reopen and will NOT be accepted after the due date/time.

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

Quizzes and Assignments—100 points

Discussion Boards —25 points

Personal Change Plan (PCP) —75 points

Exam 1—50 points

Exam 2—50 points

Exam 3—50 points

TOTAL—350 points

Quizzes and Assignments

The quizzes are designed to assist you in mastering the concepts in the readings. The assignments are designed to introduce you to additional health resources.

Discussion Boards

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 discussions will be graded based on your knowledge and understanding of the readings and your ability to relate the concepts to everyday experiences.

Personal Change Plan (PCP)

A Personal Change Plan Contract (Part 1) will be completed and submitted. A Midpoint Progress Report (Part 2) and a Final Report (Part 3) 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	TOPICS	READINGS/ASSIGNMENT
1 (1/19)	The Power of Now	Chapter 1/Discussion 1
2 (1/25)	Your Psychological and Spiritual Well-Being	Chapter 2
3 (2/1)	Caring for Your Mind	Chapter 3/PCP Part 1
4 (2/8)	Personal Stress Management	Chapter 4
5 (2/15)	Your Social Health	Chapter 5/Discussion 2
6 (2/22)	Personal Nutrition and Managing Your Weight	Chapters 6 and 7/Exam 1
7 (2/29)	The Joy of Fitness	Chapter 8/Discussion 3
8 (3/14)	Personal Sexuality	Chapter 9/PCP Part 2
9 (3/21)	Reproductive Choices and Lowering Your Risk of Sexually Transmitted Infections	Chapters 10 and 11/Discussion 4

WEEK	TOPICS	READINGS/ASSIGNMENT
10 (3/28)	Addictions and Alcohol	Chapters 12 and 13
11 (4/4)	Tobacco	Chapter 14 /Exam 2
12 (4/11)	Major Diseases and Infectious Illnesses	Chapters 15 and 16
13 (4/18)	Consumer Health and Personal Safety	Chapters 17 and 18/PCP Part 3
14 (4/25)	A Healthier Environment and A Lifetime of Health	Chapters 19 and 20/ Discussion 5
May 4-9		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.

