

GEORGE MASON UNIVERSITY
School of Recreation, Health, and Tourism

HEAL 110-DL4 Personal Health (3 credits)
Spring 2016

Day/Time: Online

Location: NET

Instructor: Ms. Nancy Jacobson M.S.S.

Email: njacobs5@gmu.edu

Office Location:

Phone number: 715.861.4511

Office Hours: M-Th 9-10am

Fax number:

Or by appointment

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 is delivered online using an asynchronous (not “real time”) format via the Blackboard learning management system (LMS) housed in the [MyMason portal](#). Students will log in to the Blackboard course site using the Mason email name (everything before “@masonlive.gmu.edu) and email password. The course site will be available on the first day of class at 8:00am.

TECHNICAL REQUIREMENTS:

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

- High-speed Internet access with a standard up-to-date browser (either Internet Explorer or Mozilla Firefox).
- Consistent and reliable access to 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, the

academic week starts on Monday and finishes the following Sunday 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) during the academic session. Announcements are posted several times a week.
- Participation: Students are expected to actively engage in all course activities throughout the semester, including 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 may experience some technical difficulties at some point in the semester and should, therefore, budget their time and submission of assignments accordingly. Late work will not be accepted based on individual technical issues.
- Workload: Expect to log in to the course daily to read announcements, participate in the discussions, and work on course materials. Remember, this course is not self-paced. There are specific deadlines and due dates listed in the CLASS SCHEDULE section of the syllabus and in the DUE DATES document found on Blackboard to which students 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.
- Advising: Students who would like a one-on-one meeting to discuss course requirements, content or other course-related issues, and who are unable to come to the Mason campus, can schedule a meeting via telephone or web conference. Contact the instructor to schedule a one-on-one session and include preferred meeting methods 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 (16th edition)*. Belmont, CA: Wadsworth Cengage Learning.

EVALUATION:

Assignments must be submitted by the due date. Late work is not accepted. This course will be graded on a point system, with a total of 366 possible points.

Quizzes and Assignments—116 points
Discussion Boards —25 points
Personal Change Plan (PCP) —75 points
Exam 1—50 points
Exam 2—50 points
Exam 3—50 points
TOTAL—366 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 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.

Personal Change Plan (PCP)

A Contract, Midpoint Progress Report and Final Report are required for this semester project.

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 = 346-366	B+ = 319-329	C+ = 285-295	D = 220-256
A- = 329 – 345	B = 313-318	C = 270- 284	F = 209 and below
	B- = 295-317	C- = 257-269	

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

Week	Topic
19-24 Jan	Chapter 1- Health behaviors, Orientation
25-31 Jan	Psychological and Spiritual Well-being
1 – 7 Feb	Caring for your mind, Personal Change Plan
8-14 Feb	Personal Stress Management
15-21 Feb	Social Health
22-28 Feb	Personal Nutrition and Managing Weight
29 Feb – 6 Mar	The Joy of Fitness – Exam 1 Due Spring Break
14-20 Mar	Personal Sexuality
21-27 Mar	Reproductive Choices and Lowering Risk of STIs.
28 Mar – 3 Apr	Addictions and Alcohol
4-10 Apr	Tobacco – Exam 2 Due
11-17 Apr	Major Diseases and Infectious Diseases
18-24 Apr	Consumer Health and Personal Safety
25 Apr-1 May	Health Environment and A Lifetime of Health
2-8 May	Wrap up the semester and final exam.

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.

