

GEORGE MASON UNIVERSITY
School of Recreation, Health, and Tourism
HEAL 110-DL2 Personal Health (3 credits)
Fall 2016
Day/Time: Online Education Location: NET

Instructor: Nancy Jacobson M.S.S
Office Hours: 11-12 AM or by appointment
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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 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.

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. Some assignments are due mid week.

- 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.
- 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. All assignments must be submitted to their proper place to receive credit.
- 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.
- Instructor Support: 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.
- Accommodations: Online learners who require effective accommodations to insure accessibility must be registered with George Mason University Disability Services.

COURSE OBJECTIVES

This course is designed to enable students to do the following:

1. Recognize specific aspects and determinants of personal health;
2. Demonstrate knowledge in ten basic health areas:

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

REQUIRED

Textbook-Hales, D. (2015). *An Invitation to Health* (17th edition). Belmont, CA: Wadsworth Cengage Learning.

COURSE PERFORMANCE EVALUATION

Assignments must be submitted by the due date. Late work is not accepted. Assignments must be submitted to their proper location on Bb to receive credit. Assignments are not accept through email.

This course will be graded on a point system, with a total of 336 possible points.

Quizzes and Assignments— 143 points

Discussion Boards —43 points

Exam 1— 50 points

Exam 2— 50 points

Exam 3— 50 points

TOTAL— 336 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 and help you apply the concepts.

Quizzes-60 points-2 optional

Assignments-83 points

Discussion Boards

A topic will be posted by the instructor for you to post 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.

Discussion board -43 points

Personal Change Plan (PCP)

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

Public Service Announcement

A presentation will be created and posted to the discussion board on a topic. Students will also post responses to classmates presentations.

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 =94-100

B+ =88-89

C+ = 78-79

D = 60-69

A- =90-93

B = 84-89

C = 74-77

F = 0-59

B- = 80-83

C- = 70-73

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.

GMU Policies and Resources for Students

- Students must adhere to the guidelines of the George Mason University Honor Code [See <http://oai.gmu.edu/honor-code/>].
- 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 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 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/>].
- Support for submission of assignments to Tk20 should be directed to the tk20help@gmu.edu or <https://cehd.gmu.edu/api/tk20>. Questions or concerns regarding use of Blackboard should be directed to <http://coursesupport.gmu.edu/>
- The George Mason University Office of Student Support staff helps students negotiate life situations by connecting them with appropriate campus and off-campus resources. Students in need of these services may contact the office by phone (703-993-5376). Concerned students, faculty, and staff may also make a referral to express concern for the safety or well-being of a Mason student or the community by going to <http://studentsupport.gmu.edu/>, and the OSS staff will follow up with the student.
- 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>

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

Week	Module	Chapter	
1	8/29-9/5	One	The Power of Now
2	9/6-9/11	Two	Psychological and Spiritual Wellbeing
3	9/12-9/18	Three	Chapter 3, Caring for Your Mind
4	9/19-9/25	Four	Chapter 4, Stress
5	9/26 -10/ 2	Five	Chapter 5 Social Health
6	10/3-10/9	Six	Exam 1, Chapter 6 and 7 Personal Nutrition & Weight Management

7	10/10-10/16	Seven	Chapter 8 Joy of Fitness
8	10/17 -10/23	Eight	Chapter 9 Personal Sexuality
9	10/24 – 10/30	Nine	Chapter 10 and 11 Reproductive choices, Lowering STD risk
10	10/31- 11/6	Ten	Chapter 12 Addiction
11	11/7 – 11/13	Eleven	Chapter 13 & 14 Alcohol and Tobacco- Exam 2
12	11/14 – 11/20	Twelve	Chapter 15 & 16 Major Diseases and Infectious Illness
13	11/21 – 12/4 *	Thirteen	Chapter 17 & 18 Consumer Health and Personal Safety
14	12/5-12/11	Fourteen	Chapter 19 & 20 A Healthier Environment and A Lifetime of Health
15	12/12 – 12/18	Fifteen	Discussion
	12/12 – 12/18	Final Exam	Exam 3

* Thanksgiving Holiday

RUBRICS

Discussion Rubric

Element	Poor (0-1)	Average (2)	Excellent (3)
Knowledge and Understanding	Understanding not evident. States less than 2 points about either Choice 1 or 2.	Demonstrates understanding. States 2 points about either Choice 1 or 2.	Demonstrates thorough understanding. Addresses all parts of Choice 1 or 2 (at least 3 points). Posted by February 19, at 11:59 pm.
Response/Replies	Replies to posts without reflection or fact. Does not reply.	Replies to 1 student's post with reflection or additional information.	Replies to at least 2 students' posts with reflection or additional information. Answers all questions.

Personal Change Contract part 1

Criteria	Levels of Achievement			
	No credit	Unsatisfactory	Needs improvement	Competent
A Stated title of chapter related to health behavior and discussed self-survey results	0 Points	1 Point	2 Points	3 Points
B Identified health behavior to improve and explained why the identification of this behavior	0 Points	1 Point	2 Points	3 Points
C Described P-E-R factors and explained factors that can change unhealthy behavior	0 Points	2 Points	3 Points	4 Points
D Explained/stated current stage of change and appropriate change process(es)	0 Points	1 Point	2 Points	3 Points
E Explained three changes/strategies (two cited from text)	0 Points	2 Points	3 Points	4 Points
F Described assessment data to be collected and method to record data	0 Points	1 Point	2 Points	3 Points
G Identified resources to be used during health change	0 Points	1 Point	2 Points	3 Points
H Stated health behavior goal, start and end date	0 Points	1 Point	2 Points	3 Points
I Completed and submitted the Contract for Change as a Word document via Bb	0 Points	1 Point	2 Points	3 Points

PSA and Discussion

Criteria	Levels of Achievement			
	No Credit	Unsatisfactory	Satisfactory	Excellent
	0	1	2	3
Appropriate Media Use W/Audio and Visuals				
Informative and Represents Information accurately				
Resources used and cited properly Script given if needed.				

Criteria	Poor (0-1)	Average (2)	Excellent (3)
	<p>Doesn't reply or replies without <u>reflection</u> or additional material.</p> <p>Doesn't show knowledge or <u>understanding</u> of topic</p>	<p>Replies to 1 classmate post Makes connections to own</p> <p>Experiences or adds other <u>information</u>. Shows understanding and <u>knowledge</u> of topic.</p>	<p>Replies to at least 3 classmates</p> <p>Relates to own experiences and/ <u>or</u> adds new information. Answers All questions. Shows knowledge <u>and</u> understanding of topic/subject.</p>
<p>Each classmate response will be graded according to the rubric. <u>each</u> classmate response is worth 3 points for a total of 9 points.</p>			



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