

**George Mason University**  
**College of Education and Human Development**  
**School of Recreation, Health, and Tourism**

HEAL 110 DL1 – Personal Health  
3 Credits, Spring 2017  
Online

**Faculty**

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**Prerequisites/Corequisites**

None

**University Catalog 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.

**Course Delivery Method**

This course will be delivered online (76% or more) using an asynchronous format via Blackboard Learning Management system (LMS) housed in the MyMason portal. You will log in to the Blackboard (Bb) 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 the semester.

**Under no circumstances, may candidates/students participate in online class sessions (either by phone or Internet) while operating motor vehicles. Further, as expected in a face-to-face class meeting, such online participation requires undivided attention to course content and communication.**

*Technical Requirements*

To participate in this course, students will need to satisfy the following technical requirements:

- High-speed Internet access with a standard up-to-date browser, either Internet Explorer or Mozilla Firefox is required (note: Opera and Safari are not compatible with Blackboard).
- Students must maintain 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 course requirements.
- The following software plug-ins for PCs and Macs, respectively, are available for free download: [Add or delete options, as desire.]
  - Adobe Acrobat Reader: <https://get.adobe.com/reader/>
  - Windows Media Player: <https://windows.microsoft.com/en-us/windows/downloads/windows-media-player/>
  - Apple Quick Time Player: [www.apple.com/quicktime/download/](http://www.apple.com/quicktime/download/)

### *Expectations*

- Course Week:  
Because asynchronous courses do not have a “fixed” meeting day, our week will start on Monday, and finish on the following Monday.
- Log-in Frequency:  
Students must actively check the course Blackboard site and their GMU email for communications from the instructor, class discussions, and/or access to course materials at least 4 times (M-Th) per week.
- Participation:  
Students are expected to actively engage in all course activities throughout the semester, which includes viewing 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 who are struggling with technical components of the course are expected to seek assistance from the instructor and/or College or University technical services.
- Technical Issues:  
Students should anticipate some technical difficulties during the semester and should, therefore, budget their time accordingly. Late work will not be accepted based on individual technical issues.
- Workload:  
Please be aware that this course is **not** self-paced. Students are expected to meet *specific deadlines* and *due dates* listed in the **Class Schedule** section of this syllabus and the **Due Dates** document on Blackboard. It is the student’s responsibility to keep track of the weekly course schedule of topics, readings, activities and assignments due.
- Instructor Support:  
Students may schedule a one-on-one meeting to discuss course requirements, content or other course-related issues. Those unable to come to a Mason campus can meet with the

instructor via telephone or web conference. Students should email the instructor to schedule a one-on-one session, including their preferred meeting method and suggested dates/times.

- Netiquette:

The course environment is a collaborative space. Experience shows that even an innocent remark typed in the online environment can be misconstrued. Students must always re-read their responses carefully before posting them, so as others do not consider them as personal offenses. *Be positive in your approach with others and diplomatic in selecting your words.* Remember that you are not competing with classmates, but sharing information and learning from others. All faculty are similarly expected to be respectful in all communications.

- Accommodations:

Online learners who require effective accommodations to insure accessibility must be registered with George Mason University Disability Services.

## **Learner Outcomes or 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 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
  - 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
5. Examine and discuss key facts, issues and problems related to personal health

## **Professional Standards**

Upon completion of this course, students will have met the following professional standards:  
Not Applicable

## **Required Texts**

Hales, D. (2017). *An Invitation to Health: The Power of Now* (17th edition). Boston, MA: Cengage Learning.

## Course Performance Evaluation

Students are expected to submit all assignments on time through the Blackboard course site.

- **Assignments and/or Examinations**

- Quizzes and Assignments

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

- Discussion Boards

- A topic will be posted by the instructor for 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)

- This semester project consists of the Contract (Part 1), Midpoint Report (Part 2), and Final Report (Part 3).

- 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**

- Quizzes and Assignments—100 points

- Discussion Boards—25 points

- Personal Change Plan (PCP)—75 points

- Exams—150 points

**Quizzes, Assignments, Discussion Boards, the Personal Change Plan, and Exams, will not reopen after the due date and will not be accepted after the due date.**

### 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	

## Professional Dispositions

Students are expected to exhibit professional behaviors and dispositions at all times.

## Class Schedule

<b>WEEK</b>	<b>TOPICS</b>	<b>READINGS/ASSIGNMENT</b>
1 (1/23)	The Power of Now	Module 1/ Discussion 1
2 (1/30)	Your Psychological and Spiritual Well-Being	Module 2/PCP Part 1
3 (2/6)	Caring for Your Mind	Module 3
4 (2/13)	Personal Stress Management	Module 4
5 (2/20)	Your Social Health	Module 5/Discussion 2
6 (2/27)	Personal Nutrition and Managing Your Weight	Module 6/Exam 1
7 (3/6)	The Joy of Fitness	Module 7/Discussion 3
8 (3/20)	Sexual Health	Module 8/PCP Part 2
9 (3/27)	Reproductive Choices and Lowering Your Risk of Sexually Transmitted Infections	Module 9/Discussion 4
10 (4/3)	Addictions and Alcohol	Module 10
11 (4/10)	Tobacco	Module 11/Exam 2
12 (4/17)	Major Diseases and Infectious Illnesses	Module 12
13 (4/24)	Consumer Health and Personal Safety	Module 13/PCP Part 3
14 (5/1)	A Healthier Environment and A Lifetime of Health	Module 14/Discussion 5

May 11-15		Exam 3
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Note: Faculty reserves the right to alter the schedule as necessary, with notification to students.

### **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: <http://cehd.gmu.edu/values/>.

### **GMU Policies and Resources for Students**

#### *Policies*

- Students must adhere to the guidelines of the Mason Honor Code (see <http://oai.gmu.edu/the-mason-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 Mason 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 George Mason University Disability Services. Approved accommodations will begin at the time the written letter from Disability Services is received by the instructor (see <http://ods.gmu.edu/>).
- Students must follow the university policy stating that all sound emitting devices shall be silenced during class unless otherwise authorized by the instructor.

#### *Campus Resources*

- Support for submission of assignments to Tk20 should be directed to [tk20help@gmu.edu](mailto:tk20help@gmu.edu) or <https://cehd.gmu.edu/aero/tk20>. Questions or concerns regarding use of Blackboard should be directed to <http://coursesupport.gmu.edu/>.
- The Writing Center 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/>).

- The 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 Student Support & Advocacy Center staff helps students develop and maintain healthy lifestyles through confidential one-on-one support as well as through interactive programs and resources. Some of the topics they address are healthy relationships, stress management, nutrition, sexual assault, drug and alcohol use, and sexual health (see <http://ssac.gmu.edu/>). Students in need of these services may contact the office by phone at 703-993-3686. 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://ssac.gmu.edu/make-a-referral/>.

**For additional information on the College of Education and Human Development, please visit our website <https://cehd.gmu.edu/>.**