

George Mason University
College of Education and Human Development
HEAL

HEAL 110 001 Personal Health

3 credit hours, Spring 2017
Tues. 7:20-10p Robinson A208

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

Through a variety of learning activities, students will be expected to master content in 10 basic topics of personal health. They will also be expected to apply strategies for change to improve personal health.

Course Delivery Method

This course will be delivered using a lecture format with class discussion and activities.

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; 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 it relates to a person's health behavior choices and practices; and
5. Examine and discuss key facts, issues and problems related to personal health.

Required Text

Hales, D. (2015, 17). An invitation to health (17th ed.). Belmont, CA: Wadsworth Cengage Learning. ISBN 13: 978-1-305-63800-6.

Additional course material at Blackboard: <https://mymasonportal.gmu.edu>

Course Performance Evaluation

Students are expected to complete tests and submit all assignments on time through Blackboard. This course will be graded on a point system, with a total of 100 possible points.

Requirements	Possible Points
<u>Tests</u> Test 01 (covers chapters 1-7) Test 02 (covers chapters 8-14) Test 03 (covers chapters 15-20) Each Blackboard online exam is composed of 50 multiple-choice questions. The tests are based on the content of the text as organized and presented in PowerPoint lectures. Each test will be graded 0-100 points and weighted .15 (for Tests 1 and 2) and .20 (for Test 3) of overall course grade. To best prepare for the tests, students should use their textbook-based notes as well as PowerPoint lecture slides. Multiple-choice items will measure students' abilities to identify/recall, differentiate, apply and analyze subject material.	50 points
<u>Short Essay Quizzes</u> There will be 10 short essay quizzes based on the content of the text as organized and presented in PowerPoint lectures. Each short essay quiz will be graded 0-3 points with a total of 30 possible points that will be factored directly into the overall grade. The short essay questions will measure students' abilities to apply and analyze subject material.	30 points
<u>Personal Health Plan</u> A Personal Health Plan (PHP) will be completed by each student according to guidelines posted at Blackboard. The plan will be implemented at the start of the semester and completed by the end of the semester. The student will submit PHP Parts 1, 2 and 3 reports at start, mid and end points of the course, respectfully. PHP 1 is worth 10 points whereas PHP 2 and 3 are each worth 5 points. These points will be factored directly into the overall grade. The plan will be based on cognitive, affective and psychomotor learning experiences and will reinforce the important subject material in the course.	20 points

TOTAL **100 points**

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	

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

Class Schedule

Week		Health Area	Readings/Assignment Due
1	Jan 24	Mental well-being	Chapter 1 The Power of Now Start: Chapter 2 Your Psychological and Spiritual Well-Being

2	Jan 31	Mental well-being	Finish: Chapter 2 Your Psychological and Spiritual Well-Being Chapter 3 Care of Your Mind <i>Short essay quiz 1</i> due Feb 6 end of day covers ch 1
3	Feb 7	Mental well-being, Social well-being	Chapter 4 Personal Stress Management Start: Chapter 5 Social Health <i>Short essay quiz 2</i> due Feb 13 end of day covers chs 3 & 4
4	Feb 14	Nutrition/weight management	Finish: Chapter 5 Social Health Chapter 6 Personal Nutrition <i>Short essay quiz 3</i> due Feb 20 end of day covers ch 5
5	Feb 21	Nutrition/weight management	Chapter 7 Managing Your Weight Test 1 due Feb 27 end of day (covers chs 1-7) Personal Health Plan (PHP) Part 1 due Feb 27 end of day
6	Feb 28	Fitness, Family/Social well-being	Chapter 8 The Joy of Fitness PHP Part 1 to be presented in class <i>Short essay quiz 4</i> due Mar 6 end of day covers ch 7
7	Mar 7	Finish: Sexual Behaviors; Sexual Orientation	Finish Chapter 9 Personal Sexuality Chapter 10 Reproductive Choices <i>Short essay quiz 5</i> due Mar 20 end of day covers ch 8 & 9
	Mar 13-19	Spring Break	
8	Mar 21	Infectious disease control; Substance abuse prevention	Chapter 11 Lower Risk of STIs Start Chapter 12 Addictions <i>Short essay quiz 6</i> due Mar 27 end of day covers ch 11
9	Mar 28	Substance abuse prevention	Finish Chapter 12 Avoiding Addiction Chapters 13 & 14 Alcohol and Tobacco Test 2 due Apr 3 end of day covers chs 8-14 Personal Health Plan (PHP) Part 2 due Apr 3 end of day
10	Apr 4	Chronic disease prevention and control, Infectious disease prevention and control	Chapter 15 Major Diseases PHP Part 2 to be presented in class <i>Short essay 7 quiz</i> due Apr 10 end of day covers ch 14
11	Apr 11	Infectious disease prevention and control, Health care consumerism	Chapter 16 Infectious Illnesses Start Chapter 17 Consumer Health <i>Short essay quiz 8</i> due Apr 17 end of day covers ch 15

12	Apr 18	Health care consumerism; Safety	Finish Chapter 17 Consumer Health Start : Chapter 18 Personal Safety <i>Short essay quiz 9 due Apr 24 end of day covers ch 16</i>
13	Apr 25	Safety; Environmental Conservatism	Finish : Chapter 18 Personal Safety Chapter 19 Healthier Environment <i>Essay quiz 10 due May 1 end of day covers ch 17</i> Personal Health Plan (PHP) Part 3 due May 1 end of day
14	May 2	Growth and development	Chapter 20 Lifetime of Health Plan (PHP) Part 3 to be presented in class Test 3 due May 8 end of day covers chs 15-20

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 University 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 or <https://cehd.gmu.edu/aero/tk20> Questions or concerns regarding use of Blackboard should be directed to <http://coursessupport.gmu.edu/>.
- The 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/>).
- 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/>

Assessment Rubrics

Note: Faculty reserves the right to alter the schedule as necessary.

Name	Short essay quiz
Description	Points can be deducted for composing less than five (5) complete sentences, making spelling/grammar errors, or writing in list/outline format.
Rubric Detail	

Criteria	Levels of Achievement				
	Unsatisfactory	Needs improvement	Competent	Highly competent	Excellent
Answered question correctly and adequately (consistent with but NOT quoting the textbook)	0 Points	1 Points	2 Points	2.5 Points	3 Points

Name	Personal Health Plan Part 1 (10 points)
Description	Points are deducted if you do not respond to guidelines 1-8 in 3-4 complete sentences (correct grammar and spelling). While composing your response to each guideline do not use outline or list format. You must be in class to present PHP Part 1 along with your printed contract to peers. Late submission: -1 point is deducted for each day late
Rubric Detail	

Criteria	Levels of Achievement			
	Unsatisfactory	Needs improvement	Competent	Highly competent
1) Went to Leading Causes of Death website; examined, compared and contrasted three sets of data; recognized leading death causes; and reported findings	0 Points	0 Points	0.5 Points	1 Points
2) Selected disease, illness or injury; read related textbook chapter; and explained risky factors	0 Points	0 Points	0.5 Points	1 Points
3) Identified and examined healthy behavior and referred to relevant textbook reading	0 Points	0 Points	0.5 Points	1 Points
4) Described P-E-R factors' contribution to healthy behavior	0 Points	0 Points	0.5 Points	1 Points
5) Explained/stated current stage of change and appropriate change process(es)	0 Points	0 Points	0.5 Points	1 Points
6) Selected three strategies for change (2 from text)	0 Points	0 Points	0.5 Points	1 Points
7) Described resources to be used during plan	0 Points	0 Points	0.5 Points	1 Points
8) Described assessment data to be collected and placed in an Excel spreadsheet	0 Points	0 Points	0.5 Points	1 Points
Included the contract in PHP Part 1 report; presented report and printed contract in class	0.5 Points	1 Points	1.5 Points	2 Points

Name Personal Health Plan Part 2 (5 points)

Description Points are be deducted if you do not respond to each of guidelines 1-3 in complete sentences (correct grammar and spelling). While composing your response to each guideline do not use outline or list format. You must be in class to present PHP Part 2 along with your printed Excel chart/graph to peers. Late submission: -1 point is deducted for each day late

Rubric Detail

Criteria	Levels of Achievement			
	Unsatisfactory	Needs improvement	Competent	Highly competent
1) Restated selected wellness area and targeted health behavior	0 Points	0 Points	0.5 Points	1 Points
2) Reported/explained midpoint progress	0 Points	0 Points	0.5 Points	1 Points
3) Explained if necessary to modify strategies for change	0 Points	0 Points	0.5 Points	1 Points
Included an Excel chart/graph (not table) depicting results to date in PHP Part 2 report; presented report and printed chart/graph in class	0.5 Points	1 Points	1.5 Points	2 Points

Name Personal Health Plan Part 3 (5 points)

Description Points are be deducted if you do not respond to guidelines 1-3 in 3-4 complete sentences (correct grammar and spelling). While composing your response to each guideline do not use outline or list format. You must be in class to present PHP Part 3 along with your printed Excel chart/graph to peers. Late submission: -1 point is deducted for each day late

Rubric Detail

Criteria	Levels of Achievement			
	Unsatisfactory	Needs improvement	Competent	Highly competent
1) Restated the selected health behavior to develop	0 Points	0.5 Points	0.5 Points	1 Points
2) Explained the effectiveness of change strategies	0 Points	0.5 Points	0.5 Points	1 Points
3) Provided advice to someone who wishes to undertake a similar health behavior development	1 Points	0.5 Points	0.5 Points	1 Points
Included an Excel chart/graph (not table) depicting results to date in PHP Part 3 report; presented report and printed chart/graph in class	0.5 Points	1 Points	1.5 Points	2 Points