

GEORGE MASON UNIVERSITY
School of Recreation, Health, and Tourism

HEAL 110-DL2 Personal Health
(3 credits) Fall 2017
Day/Time: Online Education Location: NET

Faculty

Instructor: Nancy Jacobson M.S.S
Office Hours: 11 am-Noon or by appointment
Office Phone: Email, Blackboard Collaborate Ultra, Skype, or 703.993.1986
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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.

Course 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, 28 Aug., at 8:00am.

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: 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/

Expectations:

- Course Week:
Because asynchronous courses do not have a “fixed” meeting day, our week will start on Monday, and finish on Sunday.
- 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 3 times per week. Announcements are posted regularly and students are encouraged to log daily to stay up-to-date on information.
- 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. 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.

Learning 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 wellbeing
 - b. Fitness
 - c. Nutrition/weight management
 - d. Family/social wellness
 - e. Alcohol, tobacco and substance abuse
 - f. Infectious/chronic disease
 - 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; and
5. Examine and discuss key facts, issues and problems related to personal health.

Professional Standards

Not applicable

Required Text

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

ISBN-13: 978-1305638006

ISBN-10: 130563800X

Course Performance Evaluation

Assignments and Examinations

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 accepted through email.

This course will be graded on a point system, with a total of 360 possible points.

- Exam 1—50 points – Chapters 1-7
- Exam 2—50 points – Chapters 8-14
- Exam 3—50 points – Chapters 15-20
- Total Exam points—150 points

Quizzes, Assignments, Personal Change Plan -168 points

- Quizzes-60 points
- Assignments-30 points
 - Stress Management – 10 points
 - TED talks – 5 points
 - Nutrition – 5 points
 - Random Acts of Kindness – 10 points
- Personal Change Plan (PCP)- 68 points
 1. A Contract -23 points
 2. Midpoint Progress Report – 15 points
 3. Final Report – 30 points

Discussion Boards – 30 points

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

Grading Scale by %

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 Dispositions

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

Tentative Course Schedule

Faculty reserves the right to alter the course schedule as necessary with notification.

Week 1	8/28-9/3	Chapter 1: The Power of Now	Quiz	Due: 9/3
Week 2	9/4-9/10	Chapter 2: Psychological and Spiritual Wellbeing	Quiz	Due: 9/10
Week	9/11-9/17	Chapter 3: Caring for Your	PCP 1	Due:

3		Mind	Start Random Acts of Kindness Journal	9/17 Due: 11/19
Week 4	9/18-9/24	Chapter 4: Stress	Stress assignment due	Due: 9/24
Week 5	9/25-10/1	Chapter 5: Social Health	Discussion on Social Health	Post due: 9/29 Reply due: 10/1
Week 6	10/2-10/8	Chapter 6: Personal Nutrition Chapter 7: Weight Management	Nutrition Assignment Exam 1	Nutrition Due: 10/8 Exam due 10/8
Week 7	10/9-10/15	Chapter 8: Joy of Fitness	Discussion on Physical Activity	Post due: 10/13 Reply due: 10/15
Week 8	10/16-10/22	Chapter 9: Personal Sexuality	PCP Midterm report due Discussion on PCP Midterm report Quiz	Due: 10/22 Post due: 10/20 Replies due: 10/22 Due: 10/22
Week 9	10/23-10/29	Chapter 10: Reproductive Choices Chapter 11: Lowering STDs	Quiz on each chapter 10 and 11	Both quizzes due 10/29
Week 10	10/30-11/5	Chapter 12: Addiction	Quiz	Due: 11/5
Week	11/6-11/12	Chapter 13: Alcohol	Quiz on each chapter 13	Quizzes

11		Chapter 14: Tobacco	and 14	due: 11/12
			Exam 2	Exam due 11/12
Week 12	11/13-11/19	Chapter 15: Major Diseases Chapter 16: Infectious Illnesses	Quiz on each chapter 15 and 16	Quizzes due 11/19
			Random Acts of Kindness due	Due 11/19
Week 13**	11/20-12/3	Chapter 17: Consumer Health Chapter 18: Personal Safety	Quiz	Quiz due 12/3
			TED Talks Assignment	Due: 12/3
			PCP Final Report	Due 12/3
			Discussion on PCP Final Report	Post due 12/1 Replies due: 12/3
Week 14	12/4-12/10	Chapter 19: Healthier Environment Chapter 20: A Lifetime of Wellness	Quiz Chapter 19	Due: 12/10
			Discussion on Lifetime Wellness/Aging.	Post due: 12/8 Replies due 12/10
Week 15	12/11-12/17	Final Week	Course Evaluation Exam 3	Exam due: 12/17
	11/20-	Week 13 includes		

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

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 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 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/>

