

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

HEAL 110 DL2 – Personal Health
3 Credits, Spring 2019
Distance Learning

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 online (76% or more) using [select either a synchronous or 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 20 Jan. 2019 by 11:59pm.

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 standard up-to-date browsers. To get a list of Blackboard's supported browsers see:
https://help.blackboard.com/Learn/Student/Getting_Started/Browser_Support#supported-browsers

To get a list of supported operation systems on different devices see:

https://help.blackboard.com/Learn/Student/Getting_Started/Browser_Support#tested-devices-and-operating-systems

- 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 will need a headset microphone for use with the Blackboard Collaborate web conferencing tool.
- 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://support.microsoft.com/en-us/help/14209/get-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 2 times 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. 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; | 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.

Professional Standards N/A

Required Texts

Hales, D. (2019). *An invitation to health: Your life, Your Future* (18th ed.). Stamford, CT: Cengage Learning

Additional readings will be posted on Blackboard throughout the semester.

Course Performance Evaluation

Students are expected to submit all assignments on time in the manner outlined by the instructor Blackboard will be the primary resource for submitted assignments unless otherwise noted.

This course will be graded on a point system, with a total of 230 possible points.

- **Assignments and/or Examinations**

Exams: Test 1, 2, and the final exam for this course will be taken on Blackboard. Students must log on during the specified time frame to complete the exam. Exams are not cumulative in nature. Upon submission, students will be immediately provided with their score.

Assignments:

There will be 2 assignments due in the course. The assignments will be accepted in writing, presentation, video, or any other form.

1. Analyzing food intake for a 72-hour period and comparing it to the MyPlate recommendations
2. Developing a family medical tree

The assignments may require students to write their responses to questions provided and share their responses in discussion boards. *Details and grading rubrics for each assignment will be provided on Blackboard at least 2 weeks before the assignment deadline.*

[Full citations in format required for all assignments in course (e.g., APA, AMA, Chicago, and MLA)]

Behavior Change Project:

Students must select some aspect of their health behavior which they wish to improve, and then design a self-change project that they will implement throughout the semester.

[Full citations in format required for all assignments in course (e.g., APA, AMA, Chicago, and MLA)]

In the past the following topics were explored by students in class:

- I want to stop smoking
- I want to smoke less
- I want to seek help because I am in an unhealthy relationship
- I want to drink more water
- I want to stop biting my nails
- I want self confidence
- I want to practice yoga

There will be 3 parts to the project.

Part 1 will be an opportunity to consider what your behavior change will be. Students must submit the following information in a 3-4-page paper.

- (1) Identify a behavior that you would like to consider changing
- (2) Explain how you made this choice.

Important Note: *If you choose to engage in physical activities (such as exercising or walking) you MUST indicate that you have a doctor's approval to engage in physical activities. In addition, any substantive nutritional changes should be with a consultation of a nutritionist or other health care provider. The point is NOT to engage in behaviors that will jeopardize your health. Causing harm to yourself in the course of this project will result in an "F" (I.e. eating one meal a day to lose weight). If you have questions, please ASK!!!*

- (3) Explain when, where and why you think your current behavior (that you want to change) occurs. Be specific!
- (4) List and explain resources in your community that can help you in changing your behavior. Explain if you will or will not use this resource.
- (5) Indicate at least ONE person/group you are using as a support system and what they are doing to help you accomplish your goal.
- (6) Create a timeline of goals. You must have at least 3 goals on how you will accomplish your main behavior change. For instance, if I want to stop drinking Pepsi one goal may be to reduce my Pepsi intake by half in week one and by $\frac{3}{4}$ of all drinks by week two and no Pepsi by week three.
- (7) Develop a reward system for yourself. Note: feeling really good is NOT enough!!! An example of this may be a back massage for every pound lost by your partner. Another example may be that for

every day that I am saying positive things to my children I will reward myself with 10 extra minutes of sleep each morning.

(8) Describe how you will log your progress over the 30 days. (Ex. I will use a calendar and add a sticker for meeting my goal of drinking water for each day.

(9) How will you define success in your project?

(10) What will you do if you run into challenges accomplishing your goals?

Part 2 will include 5 questions about the progress being made in your project. Each response should be at least 150 words long.

(1) How would you describe your progress in working towards your goal? Cite examples from your log.

(2) What challenges have you had in the course of the project so far? How have you worked through them? If you have not had any challenges- what has helped you?

(3) Have you used your support system, reward system or local resource? Why or why not?

(4) Have your goals changed so far? Why or why not? If so, what did they change to?

(5) What has this experience taught you so far?

Part 3 will include 5 final questions about the project. Each response should be at least 150 words long.

(1) Review if the change was successful. Why or why not?

(2) Provide your visual tracking tool that was used in the project.

(3) Explain if there will be any future changes in your health as a result from this project

(4) Identify one thing you learned about yourself as a result of this project

(5) Identify one thing you learned in the project that was covered in class.

Other Requirements

Class reflection and attendance:

This class will include regular class discussions board posts and interactive learning activities. Student participation is critical and expected. Throughout the course there will be at least 10 opportunities for written reflection on each class. These reflections may occur in the middle of the class or at the end of class.

- This class has a **REQUIRED** Blackboard component. It is important that students check Blackboard for important announcements, assignments and to access the midterm and final exam.
- Be an active participant- listen, ask questions, and share ideas.
- Please create a safe environment for people to openly communicate.
- Respect that each person is entitled to their own belief system.
- Complete all assignments on time. All written assignments are due before Sunday night 11:59 pm the week the assignments are due. Work must be submitted through Blackboard or shared through Google. Late assignments will be accepted with .5 points deducted for each day the assignment is late.
- Type, spell check and proofread all papers. All papers must be typed with a font size of 12 points and a margin of 1 inch. All work must be double-spaced. Papers that are not in this format will receive a deduction in points. Grading rubrics for each assignment will be posted on Blackboard.
- All work in this class must be your own. Use appropriate citation in work that is referenced.

Point Value

Grading

| | | |
|---|---|-----|
| #1 | Assessment 1 and 2- Multiple choice (50 questions) exam taken on Blackboard | 100 |
| #2 | Final Exam - Multiple choice (50 questions) exam taken on Blackboard | 50 |
| <i>Written Assignments (2 total at up to 20 points each)</i> | | 40 |
| <i>Class reflections (10 at 2 points each) Discussion board posts</i> | | 20 |
| <i>Behavior Change Project</i> | | 20 |
| TOTAL | | 230 |

Grading Scale Points

| | | | |
|-------------------|----|-------------------|----|
| 215 pts. or above | A | 181 – 178 pts. | C+ |
| 214 – 205 pts. | A- | 177 – 169 pts. | C |
| 204 – 201 pts. | B+ | 168 – 160 pts. | C- |
| 200 – 191 pts. | B | 159 – 138 pts. | D |
| 190 – 182 pts. | B- | 136 or lower pts. | F |

GMU 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

See <https://cehd.gmu.edu/students/polices-procedures/>

Class Schedule

| TOPIC | | | READINGS/ASSIGNMENT DUE |
|--------|------|--|---|
| Week 1 | 1/21 | Introductions, Review of the Syllabus Chapter 1: An Invitation to Health | Chapter 1 |
| Week 2 | 1/28 | Chapter 2: Your Psychological and Spiritual Well-Being Chapter 3: Mental Health | Chapters 2 and 3 |
| Week 3 | 2/4 | Chapter 4: Stress Management Chapter 6: Weight Management | Chapters 4 and 6 |
| Week 4 | 2/11 | Chapter 7: Physical Activity and Fitness Chapter 8: Social Health | Chapters 7 and 8 Assignment #1 due |
| Week 5 | 2/18 | Chapter 5: Personal Nutrition Test #1 Chapters 1, 2, 3, 4, 6, and 7 | Chapter 5 Test #1 due |

| TOPIC | | | READINGS/ASSIGNMENT DUE |
|---------|------|--|---|
| Week 6 | 2/25 | Chapter 9: Sexual Health Chapter 10: Reproductive Options | Chapters 9 and 10 Behavioral Change Part # 1 |
| Week 7 | 3/4 | Chapter 11: Sexually Transmitted Infections | Chapter 11 |
| Week 8 | 3/18 | Chapter 12: Major Diseases | Chapter 12 Behavior Change Part # 2 due |
| Week 9 | 3/25 | Test #2 Chapters 5, 8, 9, 10, 11, and 12 | Test #2 |
| Week 10 | 4/1 | Chapter 13: Infectious Diseases Chapter 14: Consumer Health | Chapters 13 and 14 |
| Week 11 | 4/8 | Chapter 15: Addictive Behaviors and Drugs | Chapter 15 Assignment # 2 due |
| Week 12 | 4/15 | Chapter 16: Alcohol | Chapter 16 |
| Week 13 | 4/22 | Chapter 17: Tobacco Chapter 18: Personal Safety | Chapters 17 and 18 Behavior Change Project # 3 Due |
| Week 14 | 4/29 | Chapter 19: A Healthier Environment Chapter 20: A Lifetime of Health Review Bonus Videos evaluations | Chapters 19 and 20 |
| Week 15 | 5/6 | <i>Final Exam Chapters 13-20</i> | Exam via Blackboard |

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/>.

Policies

- Students must adhere to the guidelines of the Mason Honor Code (see <https://catalog.gmu.edu/policies/honor-code-system/>).
- 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 silence all sound emitting devices 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://coursesupport.gmu.edu/>.
- For information on student support resources on campus, see <https://ctfe.gmu.edu/teaching/student-support-resources-on-campus>

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

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ABOUT INSTRUCTOR PAUL AGNER:

I have both my undergraduate and master’s degree from George Mason University. I live in Burke Virginia with my wife and daughter. I teach Health & Physical Education and Teachers for Tomorrow at Lake Braddock Secondary school. Being an educator is the greatest job in the world. I never have to go to work – because I get to go to school! Email is the best way to contact me. I check my email often and will respond within 24 hours.

Assessment Rubrics

| | | | | | |
|---|--|-------------------|-----------|------------------|-----------|
| 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 | | | | | |
| | Levels of Achievement | | | | |
| Criteria | 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 be 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 in 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 |

Name Class exit reflections (10 at 2 points each)

Description This class will include regular class discussions and interactive learning activities. Student participation and attendance is critical and expected. Throughout the course there will be at least 10 opportunities for written reflection on each class. These reflections may occur in the middle of the class or at the end of class. Students who are not present when the reflection is offered will not receive the point. *Exceptions will only be considered for requests received in advance by the instructor.

Rubric Detail

| Criteria | Levels of Achievement | | |
|----------------------------------|------------------------------------|-------------------------------|----------------------------------|
| | Novice | Competent | Proficient |
| Formatting Weight 33.00% | 0 % | 50 % | 100 % |
| Organization Weight 34.00% | 0 % | 50 % | 100 % |
| Attendance Weight 33.00% | 0 % More than 3 missed classes. | 50 % 1 or 2 missed classes | 100 % No missed class periods |