

George Mason University
College of Education and Human Development
HEAL

HEAL 110-C01 Personal Health

3 credits SUMMER 2019
DISTANCE LEARNING

FACULTY

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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.

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

- 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. [Delete this sentence if not applicable.]

- 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/
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Expectations

- Course Week: Because online courses do not have a “fixed” meeting day, the academic week starts on Monday and finishes the following Monday at 11:59pm.
- 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.
- 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.\

Learner Outcomes

By the end of the course the students will be able to:

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.

Required Texts

Hales, D. (2019). *An Invitation to Health: Your Life, Your Future* (18th edition). Boston, MA: Cengage Learning

Course Performance Evaluation

Students are expected to submit all assignments on time in the manner outlined by the instructor (e.g., Blackboard, Tk20, hard copy).

Assignments must be submitted by the due date. Late work is not accepted.

This course will be graded on a point system, with a total of 275 possible points.

Quizzes and Assignments— 70 points

Discussion Boards —15 points

Personal Change Plan (PCP) —40 points

Exam 1—50 points

Exam 2—50 points

Exam 3—50 points

TOTAL—275 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.

Discussion Boards

A topic will be posted by the instructor for you to post your response as well as comments and questions to your classmates' responses. The topics/questions will be relevant to the readings and/or assignments. The discussions will be graded based on your knowledge and understanding of the readings and/or your ability to relate the concepts to everyday experiences.

Personal Change Plan (PCP)

A Contract and Report are required for this project.

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 = 259-275	B+ = 242-247	C+ = 214-219	D = 165-191
A- = 248-258	B = 231-241	C = 203-213	F = 164 and below
	B- = 220-230	C- = 192-202	

Professional Dispositions

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

Class Schedule

Note: Faculty reserves the right to alter the schedule as necessary, with notification to students.

WEEK	TOPICS	READINGS/ASSIGNMENT
1 (6/24-7/1)	An Invitation to Health, Psychological and Spiritual Well-Being, Mental Health, and Stress Management	Module 1/ Discussion Board/ PCP Contract
2 (7/1-8)	Personal Nutrition, Weight Management, Physical Activity and Fitness, and Social Health	Module 2/Discussion Board/Exam 1
3 (7/8-15)	Sexual Health, Reproductive Options, Sexually Transmitted Infections, and Major Diseases	Module 3
4 (7/15-22)	Infectious Diseases, Consumer Health, Addictive Behaviors and Drugs, and Alcohol	Module 4/Exam 2/PCP Report
5 (7/22-26)	Tobacco, Personal Safety, A Healthier Environment, and A Lifetime of Health	Module 5/Discussion Board/Exam 3

Student Expectations

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://coursessupport.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/>.

