

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

HEAL DL7 – Personal Health

3 Credits, Spring 2020

Day/Time: Online Education

3/16-5/05

Location: NET

Faculty

Name: Megan Warner, MPH
Office Hours: By Appointment
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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 is delivered 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

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 at 11:59pm.
- **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 in 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.
*****No late work will be accepted, no exceptions. It is your responsibility to keep up in this course and to use the syllabus provided.**
- **Instructor Support:**
Students can meet with the instructor via telephone, web conference or email, to discuss course content, or other content or other course related issues. Students should email the instructor to schedule a one-on-one session, including their preferred meeting method and suggested dates/times. I am always willing to advise you on other academic or health topics as well.
- **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 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 Texts

Textbook-Hales, D. (2015). An Invitation to Health (18th edition). Belmont, CA: Wadsworth Cengage Learning.

ISBN-13: 978-1305638006

ISBN-10: 130563800X

Please use this edition as the older additions vary greatly.

Course Performance Evaluation

Students are expected to submit all assignments on time in the manner outlined by the instructor.

Late work will not be accepted. Assignments are not accepted through email.

Assignments and/or Examinations

This course will be graded on a point system, with a total of 350 possible points.

Exam 1—50 points – Chapters 1-6, 8

Exam 2—50 points – Chapters 7, 9-11, 15-17

Exam 3—50 points – Chapters 12-14, 18-20

Total Exam points—150 points

Personal Change Plan - 75 points

Quizzes-80 points

Assignments-20 points

1. Stress Management – 10 points
2. Nutrition Assignment – 10 points

Discussion Board – 25 points

Personal Change Plan: The Personal Change Plan is an assignment that you will work on continually throughout the semester. It is broken down into 2 parts that will be due at different points throughout the semester. Your Personal Change Plan should focus on a health behavior that you are interested in improving, changing, or trying for the first time. The instructions are found in the Personal Change Plan Assignment tab on Blackboard.

Part 1: Introduction

Part 2: Final Report

Exams - Your exam questions are only from your Hales textbook chapter readings. Each exam is open book and will consist of 50 multiple-choice questions. Exams may only be taken once each and they are timed (70 minutes).

- Exam 1 – Chapters: 1-6, 8
- Exam 2 – Chapters: 1, 9-11, 15-17
- Final Exam – Chapters: 12-14, 18-20

Chapter Quizzes - The quizzes are designed to assist you in mastering the concepts in the readings and slides. These quizzes are due weekly, and they are open-book. Quizzes may only be taken once each, but they are not timed.

Discussion Boards – 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 and/or videos. 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 Percentage

A =94-100

A-=90-93

B+ =88-89

B = 84-89

B-= 80-83

C+ = 78-79

C = 74-77

C- = 70-73

D = 60-69

F = 0-59

Professional Dispositions

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

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	Things that are due:
1 – Mar 16 – Mar 22	Ch. 1 The Power of Now Ch. 2 Psychological and Spiritual Well-Being	<p>Due Sunday, 3/22 at 11:59pm:</p> <p>Reading:</p> <ul style="list-style-type: none">• The syllabus on the Syllabus Tab – you will be held to the expectations on the syllabus.• Chapter 1• Chapter 1 slides• Chapter 2• Chapter 2 slides <p>Watch:</p> <ul style="list-style-type: none">• Ted Talk: The secret to living longer may be your social life• New Year's Resolution Video• Ted Talk: The power of vulnerability <p>Assignment:</p> <ul style="list-style-type: none">• Discussion Board Post – Introductions• Quiz Chapter 1 and 2• Discussion Board Post – Gratitude Post
2 – Mar 23 – Mar 29	Ch. 3 Caring for your Mind Ch. 4 Stress	<p>Due Sunday, 3/29 at 11:59pm:</p> <p>Reading:</p> <ul style="list-style-type: none">• Chapter 3• Chapter 3 slides• Student Mental Health Resources at Mason• Chapter 4• Chapter 4 slides

		<p>Watch:</p> <ul style="list-style-type: none"> • Ted Talk: All it takes is 10 mindful minutes • Ted Talk: How to stay calm when you know you'll be stressed <p>Assignment:</p> <ul style="list-style-type: none"> • Quiz Ch. 3-4 • Personal Change Plan Part 1 Due • Stress Profile • Discussion Board – Stress Test
3 – Mar 30 – Apr 5	Ch. 8 Social Health Ch. 5 Personal Nutrition Ch. 6 Weight Management	Due Sunday, 4/5 at 11:59pm: <p>Reading:</p> <ul style="list-style-type: none"> • Chapter 8 • Chapter 8 slides • Chapter 5 • Chapter 5 slides • https://www.choosemyplate.gov/ website • Chapter 6 • Chapter 6 slides <p>Watch: Non-verbal communication speaks volumes</p> <p>Play: Nutrition Jeopardy</p> <p>Assignment:</p> <ul style="list-style-type: none"> • Quiz: Ch. 8 • Nutrition Assignment • Exam 1
4 – Apr 6 – Apr 12	Ch. 7. Joy of Fitness Ch. 9 Sexual Health Ch. 10 Reproductive Choices	Due Sunday, 4/12 at 11:59pm: <p>Reading:</p> <ul style="list-style-type: none"> • Chapter 7 • Chapter 7 slides • Chapter 9 • Chapter 9 slides

		<ul style="list-style-type: none"> • Chapter 10 • Chapter 10 slides <p>Watch: Ted Talk: Sex needs a new metaphor.</p> <p>Try: 10-minute at home workout</p> <p>Assignment:</p> <ul style="list-style-type: none"> • Quiz: Ch. 7 • Quiz Ch. 9-10
5 – Apr 13 – Apr 19	Ch. 11 Lowering STDs Ch. 15 Addictive Behaviors and Drugs Ch. 16 Alcohol Ch. 17 Tobacco	<p>Due Sunday 4/19 at 11:59pm:</p> <p>Reading:</p> <ul style="list-style-type: none"> • Chapter 11 • Chapter 11 slides • Chapter 15 • Chapter 15 slides • Chapter 16 • Chapter 16 slides • Chapter 17 • Chapter 17 slides <p>Watch:</p> <ul style="list-style-type: none"> • Video on Opioid Addiction • Healthy lung vs. Smokers lung <p>Read:</p> <ul style="list-style-type: none"> • Virginia laws about DUI <p>Assignment:</p> <ul style="list-style-type: none"> • Discussion Board Post – Reactions to Video • Exam 2
6 – Apr 20 – Apr 26	Ch. 12 Major Diseases Ch. 13 Infectious Disease Ch. 14 Consumer Health	<p>Due Sunday, 4/26 at 11:59pm:</p> <p>Reading:</p> <ul style="list-style-type: none"> • Chapter 12 • Chapter 12 slides • Chapter 13

	<p>Ch. 18 Personal Safety</p>	<ul style="list-style-type: none"> • Chapter 13 slides • Chapter 14 • Chapter 14 slides • Chapter 18 • Chapter 18 slides <p>Read:</p> <ul style="list-style-type: none"> • Leading causes of death in the US • Hearing loss basics <p>Watch:</p> <ul style="list-style-type: none"> • Why meningitis is so dangerous • The proper way to wash your hands <p>Assignments:</p> <ul style="list-style-type: none"> • Quiz: Chapter 12 -13 • Personal Change Plan Final Report
7 – Apr 27 – May 3	<p>Ch. 19 Healthier Environment</p> <p>Ch. 20 Lifetime of Health</p>	<p>Due Sunday, 5/3 at 11:59pm:</p> <p>Reading:</p> <ul style="list-style-type: none"> • Chapter 19 • Chapter 19 slides • Chapter 20 • Chapter 20 slides <p>Assignments:</p> <ul style="list-style-type: none"> • Quiz: Ch. 14,18 • Discussion Board: Overall Thoughts
8 – May 4 – May 13	Final Exam Period	<p>Due Wednesday, 5/13 at 11:59pm</p> <p>Assignment:</p> <ul style="list-style-type: none"> • Final Exam

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

1. GMU Policies and Resources for students

Policies

- a. Students must adhere to the guidelines of the Mason Honor Code (see <https://catalog.gmu.edu/policies/honor-code-system/>).
- b. Students must follow the university policy for Responsible Use of Computing (see <https://universitypolicy.gmu.edu/policies/responsible-use-of-computing/>).
- c. 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.
- d. 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 <https://ds.gmu.edu>).
- e. Students must silence all sound emitting devices during class unless otherwise authorized by the instructor.

Campus Resources

1. 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 <https://its.gmu.edu/knowledge-base/blackboard-instructional-technology-support-for-students/>.
2. **Notice of mandatory reporting of sexual assault, interpersonal violence, and stalking:** As a faculty member, I am designated as a “Responsible Employee,” and must report all disclosures of sexual assault, interpersonal violence, and stalking to Mason’s Title IX Coordinator per University Policy 1202. If you wish to speak with someone confidentially, please contact one of Mason’s confidential resources, such as Student Support and Advocacy Center (SSAC) at [703-380-1434](tel:703-380-1434) or Counseling and Psychological Services (CAPS) at [703-993-2380](tel:703-993-2380). You may also seek assistance from Mason’s Title IX Coordinator by calling [703-993-8730](tel:703-993-8730), or emailing titleix@gmu.edu.
3. For information on student support resources on campus, see <https://ctfe.gmu.edu/teaching/student-support-resources-on-campus>
4. For additional information on the College of Education and Human Development, please visit our website <http://cehd.gmu.edu/>.