

George Mason University
College of Education and Human Development
HEAL

HEAL 110 DL6– Personal Health
3 Credits, Spring 2023
3/20-5/5 – Distance Learning

Faculty

Name: Rob Dulin, MS
Office Hours: By appointment
Email Address: rdulin2@gmu.edu

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 8:00 a.m.

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 the following Monday at 11:59 pm.
- Log-in Frequency:
Students must frequently check the course Blackboard site and their GMU email for communications from the instructor, class discussions, and/or access to course materials at least once per day (Mon.-Fri.). 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 course, 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 and the **Due Dates** document on Blackboard. 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 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
 - b. Fitness
 - c. Nutrition/weight management
 - d. Family/social wellness
 - e. Alcohol, tobacco and other substance abuse prevention
 - 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 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

Hales, D. (2021). *An Invitation to Health: Taking Charge of Your Health* (19th edition). Boston, MA: Cengage Learning.

ISBN: 978-0357-13679-9

Your textbook is part of Blackboard and is available as an eBook embedded into our course via Blackboard. This feature is part of the fees paid to take this course. If you wish to opt out of the First Day program you must contact the bookstore immediately. If you opt out of First Day you will need to secure a copy of the textbook on your own. You may rent or purchase the hard copy or electronic version of this text. We will cover all 20 chapters. The exams are based on the 19th edition

*** The exams are based on the 19th edition. Please use this edition as the older versions vary greatly.**

Course Performance Evaluation

Students are expected to submit all assignments on time through the Blackboard course site.

Quizzes, Assignments, Discussion Boards, the Personal Change Plan, and Exams, will not reopen after the due date and will not be accepted after the due date.

- **Assignments and/or Examinations**

Quizzes and Assignments 85 points

The quizzes are designed to assist in mastering the concepts in the readings. The assignments are designed to introduce additional health resources.

Discussion Boards 15 points

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

Personal Change Plan (PCP) 40 points

This semester project consists of the Personal Change Plan Contract (Part 1) and Personal Change Plan Final Report (Part 2).

Exams 150 points (50 points each)

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: There is a total of 290 possible points available in this class**

Quizzes and Assignments—85 points

Discussion Boards—15 points

Personal Change Plan (PCP)—40 points

Exams—150 points

Quizzes, Assignments, Discussion Boards, the Personal Change Plan, and Exams, will not reopen after the due date and will not be accepted after the due date.

Grading Scale

A	=	272-290	B+	=	254-259	C+	=	225-230	D	=	173-201
A-	=	260-271	B	=	242-253	C	=	213-224	F	=	172 and below
			B-	=	231-241	C-	=	202-212			

Professional Dispositions

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

Class Schedule

WEEK	TOPICS	READINGS & MAJOR ASSIGNMENTS
1 (3/20-26)	Taking Charge of Your Health (Chpt.1), Psychological and Spiritual Well-being (Chpt. 2)	Module 1 Personal Change Plan Contract
2 (3/27-4/2)	Caring For Your Mind (Chpt. 3), Stress Management (Chpt. 4), Personal Nutrition (Chpt. 5)	Module 2
3 (4/3-9)	Weight Management & Obesity Epidemic (Chpt. 6) Physical Activity and Fitness (Chpt. 7), Communicating and Connecting (Chpt. 8) , and Sexual Health (Chpt. 9)	Module 3 Exam 1
4 (4/10-16)	Reproductive Options (Chpt. 10) , Sexually Transmitted Infections (Chpt. 11), and Major Diseases (Chpt. 12)	Module 4
5 (4/17-23)	Infectious Diseases (Chpt. 13), Consumer Health (Chpt. 14) and Addictive Behavior and Drugs (Chpt. 15)	Module 5 Exam 2
6 (4/24-30)	Alcohol (Chpt. 16), Tobacco (Chpt. 17) , and Personal Safety (Chpt. 18), & Healthier Environment (Chpt. 19)	Module 6
7 (5/1-5)	A Lifetime of Health (Chpt. 20) Exam 3 – May 8 th & 9 th	Module 7 Personal Change Plan Report Exam 3

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

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 Mason Honor Code (see <https://catalog.gmu.edu/policies/honor-code-system/>).
- Students must follow the university policy for Responsible Use of Computing (see <https://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 <https://ds.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 <https://its.gmu.edu/knowledge-base/blackboard-instructional-technology-support-for-students/>.
- For information on student support resources on campus, see <https://ctfe.gmu.edu/teaching/student-support-resources-on-campus>

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 or Counseling and Psychological Services (CAPS) at 703-993-2380. You may also seek assistance from Mason’s Title IX Coordinator by calling 703-993-8730, or emailing titleix@gmu.edu.

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

Mason is now partnered with TimelyMD to deliver **TimelyCare** – a new virtual mental health and well-being platform for students. The service provides 24/7 access to virtual care at no cost and augments the in-person and virtual mental health services that remain available to Mason students through Counseling and Psychological Services (CAPS) and Student Health Services (SHS).

How can students access TimelyCare?

Students can go to timelycare.com/gmu or directly download the TimelyCare app from the app store to register with their school email address. Students can then start visits from any web-enabled device – smartphone, tablet, laptop, or desktop – anywhere in the United States.

Who can use TimelyCare? Any enrolled Mason student.

What services are available?

- **Talk Now:** Unlimited on-demand mental health support 24/7, available to all Mason students throughout the world!
- **Health Coaching:** Unlimited access to health coaching, available to all Mason students throughout the world.
- **Scheduled counseling sessions:** Limited to 12 sessions per academic year, available to all Mason students throughout the United States. Students can choose the day, time, and mental health provider of their choice.
- **Psychiatry sessions:** Available to all Mason students throughout the United States by referral from CAPS, Student Health Services, or a TimelyCare counselor.
- **Self-Care Content:** Yoga and meditation sessions and group conversations

How much does a TimelyCare visit cost?

TimelyCare services are available at no cost to students.