

George Mason University
College of Education and Human Development
HEAL

HEAL 331. DL2 – Men’s Health
3 Credits, Fall 2024
Distance Learning
8/26- 10/16/24

Faculty

Name: Diana Karczmarczyk PhD, MPH, MCHES®
Office Hours: By Appointment
Office Location: Zoom,
Email Address: dkarczma@gmu.edu

Prerequisites/Corequisites

None

University Catalog Course Description

Examines socio-cultural influences on men's development and expression of health beliefs and practices. Explores health issues specific to men. Analyzes research literature on interventions to improve men's health.

Course Overview

Through a variety of learning activities, students will be expected to master content within the various dimensions of men’s health. Students will study the body and the mind as it relates to the healthy male figure in modern society.

Course Delivery Method

This course will be delivered online (76% or more) using an asynchronous format via Mason’s Learning Management System. You will log in to the course site using your Mason email name (everything before @gmu.edu) and email password. The course scheduled across 7 weeks. **The course site will be available on Monday, August 26, 2024 at Noon. The last day of instruction will be on Monday, October 14, 2024, followed by the final exam period of October 15 to October 16, 2024.**

- To access your course in Canvas: <https://canvas.gmu.edu/login/canvas>.

Under no circumstances may students participate in online class sessions while operating motor vehicles.

Learner Outcomes

This course is designed to enable students to do the following:

1. Identify and explain key health issues for males from a domestic as well as an international perspective.
2. Clearly articulate the top causes of death for men across all races in the US.

3. Recognize physiological and psychological ramifications of communicable and chronic diseases that affect men, including sexually transmitted diseases, heart disease, diabetes, kidney disease, Alzheimer's disease and cancer.
4. Understand the physiological perspectives of the male body and the required maintenance for optimum health.
5. Identify resources and strategies that promote health in the male population.
6. Understand mental illness among men from a multi-cultural and multi-disciplinary perspective.
7. Synthesize the characteristics of a healthy and an unhealthy relationship.
8. Describe the unique substance abuse issues experienced by men including alcohol, drugs, smoking and performance enhancing drugs in sports and the social and physical consequence.
9. Clearly articulate the multitude of factors affecting eating and exercise habits in men, including body image, dieting practices and eating disorders.

Professional Standards

N/A

Required Texts

Karczmarczyk, D. & Milstein, S. A. (Eds.). (2021). *Men's health: An introduction*. London:

Routledge. <https://doi.org/10.4324/9781351022620>

[The book is available for free as an e-book through the GMU library. A link will be provided on Canvas.]

Additional required readings will be posted on Canvas for each module.

Technical Requirements

To participate in this course, students will need to satisfy the following technical requirements:

- High-speed internet access with updated browsers.
 - Canvas supported browsers: <https://guides.instructure.com/a/7203291>
- Consistent and reliable access to GMU email and the course LMS, as these are the official methods of communication for this course.
- Speakers and a microphone or a microphone-enabled headset for use with the synchronous web conferencing tools.

- Note that 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.

Expectations

- Course Week: Because asynchronous courses do not have a “fixed” meeting day, please note that our week will start on Monday and finish on the following week’s Tuesday. Deadlines for all assignments will be clearly indicated on the course Canvas site.
- Log-in Frequency:
Students must actively check the course Canvas site and their GMU email for communications from the instructor, class discussions, and/or access to course materials at least 3 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.

If a student misses an assignment during the course, they can request a one-time opportunity to make up the missed work at the discretion of the instructor if the request is submitted within a week of the module deadline. This applies for one assignment only. This one-time opportunity does not extend beyond the final date of course instruction and requires instructor approval.
- 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.

Course Performance Evaluation

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

- **Assignments and/or Examinations**

| Course Evaluation Criteria | |
|----------------------------------------------------------------------------|----------------------|
| Requirement Details | Possible # of Points |
| Syllabus Quiz (1 quiz, up to 5 points) | 5 |
| Pre-Assessment (1 anonymous assessment, up to 10 points) | 10 |
| Personal Reflections (5 reflections total, up to 10 points each) | 50 |
| PSA Video (1 video, up to 25 points) | 25 |
| Content questions (25 questions in 6 modules, up to 50 points each) | 300 |
| Post-Assessment (1 anonymous assessment, up to 10 points) | 10 |
| Final Exam (50 multiple choice questions, 2 points each) | 100 |
| Total number of possible points | 500 |

Syllabus Quiz: In Module 1 there will be a syllabus quiz to ensure that students have reviewed the course expectations, schedule, and required assignments. This quiz will be a multiple-choice quiz with 10 questions based on the content of the syllabus. Students will have up to 2 attempts to complete the quiz. The highest grade will count towards the final grade in the course.

Pre and Post-Assessments: Each student will be asked to answer a series of multiple choice and short answer questions at the start and near the end of the class. The responses will be anonymous and collated before being shared with the class. Complete details for this assignment will be posted on Canvas.

Personal Reflections: These reflections will be brief written responses on the content covered in the course. These assessments are an opportunity to reflect on the health topics raised in class and respond to specific questions about the content from the instructor. These reflections are opinion based and will be graded based on grammar, spelling, and thoroughness in each response.

PSA Video: Each student will develop a 90 second video Public Service Announcement (also called a PSA) and share it directly with the Instructor. The PSA must describe a prominent men’s health issue, share significant health statistics, and offer at least one resource that can offer support or education on the issue. Complete details for this assignment will be posted on Canvas.

Content Questions: There will be a lot of material covered in the course. Material will be presented from a wide variety of sources including, but not limited to, the textbook, video clips, websites, magazines, newspaper and journals. In 6 course modules, there will be up to 25 multiple choice and true/false questions about the content.

Final Exam: The final exam in the course will be an opportunity to demonstrate understanding of key concepts from the course. The exam will be delivered online through Canvas. The exam will consist of 50 multiple choice questions. Each student is expected to complete the exam independently with access to the textbook, internet and resources from the class. This is an independent assignment for each student.

- **Other Requirements**

Active participation will help to make this class more valuable. Each student has an important contribution to make in the class, so please share information appropriately as it relates to the course material and professional development of fellow classmates.

All assignments must be submitted through Canvas. It is also the responsibility of students to submit the work in a file that can be opened. Files that cannot be opened may be subject to a deduction in points until a file is received that can be opened.

Type, spell check and proofread all work submitted. A deduction in points will occur for work that contains grammatical and spelling errors.

- **Grading**

Grading Scale:

| | | | |
|------------------|------------------|------------------|-----------------|
| A 100-94% | B+ 89-88% | C+ 79-78% | D 69-60% |
| A- 93-90% | B 87-84% | C 77-74% | F 59-0 |
| | B- 83-80% | C- 73-70% | |

All grades and comments on work submitted will be posted on Canvas. The final grade for the course will be determined based on the total number of points earned using the grading scale. The point scale breakdown for the final course grade will be as follows:

Final Course Grade (*determined by points*):

| | | | |
|----------------------------|----------------------------|----------------------------|--------------------------|
| A 500 – 466 points | B+ 445 - 436 points | C+ 395 - 386 points | D 345 -296 points |
| A- 465 – 446 points | B 435 - 416 points | C 385 - 366 points | F 295 -0 points |
| | B- 415 -396 points | C- 365 - 346 points | |

Use of Generative AI

Use of Generative AI tools should be used following the fundamental principles of Mason's Academic Standards. This includes being honest about the use of these tools for submitted work and including citations when using the work of others, whether individual people or Generative AI tools.

Professional Dispositions (CEHD Student Guide)

Throughout study in the College of Education and Human Development, students are expected to demonstrate behaviors that reflect the positive dispositions of a professional. See <https://cehd.gmu.edu/current-students/cehd-student-guide>.

Class Schedule

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

| DATE | CLASS TOPIC(S) | READING & ASSIGNMENTS |
|---------------------------------------------------------------------------------|-------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Week of 8/26/2024 (Module 1) Module 1 opens on 8/26/24 at Noon | Introduction to Men's Health & Masculinity and Seeking Help | Read Chapter 1 and 2 in textbook Read materials and watch videos posted on Canvas Assignments due 11:59 PM on 9/3 1) Syllabus Quiz 2) Pre-Assessment 3) Content Questions #1 |
| Week of 9/2/2024 (Module 2) Module 2 opens on 9/2/2024 at Noon | Body Image & Male Anatomy | Read Chapter 3 and 4 in textbook Read materials and watch videos posted on Canvas Assignments due 11:59 PM on 9/10 1) Content Questions # 2 2) Personal Reflection #1 |
| Week of 9/9/2024 (Module 3) Module 3 opens on 9/9/24 at Noon | Sexual Health & Sexual Orientation | Read Chapter 5 and 6 in textbook Read materials and watch videos posted on Canvas Assignments due 11:59 PM on 9/17 1) Content Questions #3 2) Personal Reflection #2 |
| Week of 9/16/2024 (Module 4) Module 4 opens on 9/16/24 at Noon | Chronic Diseases | Read Chapter 7 in textbook Read materials and watch videos posted on Canvas Assignments due 11:59 PM on 9/24 1) Content Questions #4 |

| | | |
|---------------------------------------------------------------------------------|-------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| | | 2) Personal Reflection #3 |
| Week of 9/23/2024 (Module 5) Module 5 opens on 9/23/24 at Noon | Mental Health & Healthy Relationships & Fatherhood | Read Chapter 8, 9, and 10 in textbook Read materials and watch videos posted on Canvas Assignments due 11:59 PM on 10/1 1) Content Questions #5 2) Personal Reflection #4 |
| Week of 9/30/2024 (Module 6) Module 6 opens on 9/30/24 at Noon | Violence & Tobacco and Alcohol | Read Chapter 11 and 12 in textbook Read materials and watch videos posted on Canvas Assignments due 11:59 PM on 10/8 1) PSA Video 2) Post-Assessment |
| Week of 10/7/2024 (Module 7) Module 7 opens on 10/7/24 at noon | Nutrition & Physical Fitness/Activity | Read Chapter 13 and 14 in textbook Read materials and watch videos posted on Canvas Assignments due 11:59 PM on 10/15 1) Content Questions #6 2) Personal Reflection #5 |
| Week of 10/14/2024 | Final Exam <i>The Final Exam opens at noon on 10/14/24</i> | <i>Final Exam must be accessed by 11:59 PM on 4/30 and submitted within 2.5 hours.</i> |

CEHD Commitments

The College of Education and Human Development is committed to fostering collaboration and community, promoting justice and equity, and advancing research-informed practice. Students are expected to adhere to, and contribute to, these commitments, the CEHD Mission, and Core Values of George Mason University. More information can be found here:

<https://cehd.gmu.edu/about/culture/>

GMU Policies and Resources for Students

Policies

- Students must adhere to Mason's Academic Standards (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 VIA should be directed to viahelp@gmu.edu or <https://cehd.gmu.edu/aero/assessments>.
- Questions or concerns regarding use of your LMS should be directed to:
 - Canvas: <https://its.gmu.edu/service/canvas/>
- For information on student support resources on campus, see:
 - TimelyCare: <https://caps.gmu.edu/timelycare-services/>
 - Writing Center: <https://writingcenter.gmu.edu/>

Notice of mandatory reporting of sexual assault, sexual harassment, interpersonal violence, and stalking:

As a faculty member, I am designated as a “Non-Confidential Employee,” and must report all disclosures of sexual assault, sexual harassment, 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 or support measures from Mason’s Title IX Coordinator by calling 703-993-8730, or emailing titleix@gmu.edu.