George Mason University
College of Education and Human Development
Health and Physical Education

HEAL 250 DL1 – Introduction to School Health
3 Credits, Fall 2024
Online

Faculty
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Prerequisites/Corequisites
None

University Catalog Course Description
Presents an overview of school health programs. Focuses on the content of health education in the K-12 schools and provides an introduction to health education instruction.

Course Overview
Through a variety of learning activities, students are introduced to the comprehensive school health program and oriented to topical areas of health instruction for preK-12 students.

Course Delivery Method
This course will be delivered online (76% or more) using [select either a synchronous or an asynchronous] format via Mason's Learning Management System (LMS). You will log in to the course site using your Mason email name (everything before @gmu.edu) and email password. The course site will be available on August 24.
- 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.

Learning Outcomes
This course is designed to enable students to do the following:
1. Identify and describe the components of comprehensive school health program.
2. Identify and explain the topical areas of school health instruction.
3. Describe how drugs and alcohol work on the human body, including addiction.
4. Examine and discuss key facts, issues and problems related to alcohol, tobacco and drugs.
5. Develop a basic understanding of biological, social and psychological components of human sexuality.
6. Describe the physiological basis of mental and emotional health.

7. Examine and discuss contemporary mental and emotional health issues including healthy relationships.
8. Demonstrate a basic understanding of community health and advocacy.
9. Display preliminary skills and processes for teaching health education in pre-K-12.
10. Demonstrate knowledge and application of the Health Education Virginia Standards of Learning.
11. Investigate and report appropriate practices in school-based health education.

Professional Standards
Not applicable

Required Texts
Readings and resources will be on Canvas.

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/720329]

- 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, our week will start on Tuesday, and finish on the following Monday.

- Log in Frequency:
  Students must actively check the course LMS site and their GMU email for communications from the instructor, class discussions, and/or access to course materials at least 5 times per week. In addition, students must log in for all scheduled online synchronous meetings, if any.

- 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 and the **Due Dates document** on Canvas. 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.

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

- **Assignments and/or Examinations**
  Quizzes and Assignments
  The quizzes are designed to assist in mastering the concepts in the readings. The assignments are designed to introduce additional health resources and apply the health education content areas.
  Discussion Boards
  Topics will be posted for student response as well as comments and questions to others. The discussions will be graded based on knowledge and understanding of the topic.
  Exams
        Exam 1—Modules 1-7
        Exam 2---Modules 8-14
  The exams are based on the content of the modules.

  Presentation

Develop and present a mini-lesson (maximum 5 minutes). Create a video (i.e. Kaltura) or Powerpoint with audio to present the mini-lesson. Guidelines will be provided on Canvas.

Quizzes and Assignments—65 points
Discussion Boards—25 points
Exams— 120 points
Presentation—40 points

- **Grading**

Late Work-- Exams and Quizzes will NOT reopen after the due date. For other work submitted up to 48 hours after the due date, 50% will be deducted from the earned grade. After 48 hours, work will NOT be accepted. Extensions may be possible with prior approval (before the due date) from the instructor.

Grading Scale

A	= 235-250	B+	= 220-224	C+	= 195-199	D	= 150-174
A-	= 225-234	B	= 210-219	C	= 185-194	F	= 149 and below
		B-	= 200-209	C-	= 175-184		

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

WEEK	TOPICS	READINGS/ASSIGNMENT
1 8/27	Whole School, Whole Community, Whole Child	Module 1 Discussion Board
2 9/3	Health Education	Module 2
3 9/10	Life Skills and the National Health Education Standards	Module 3

4 9/17	Alcohol, Tobacco and Drugs	Module 4
5 9/24	Contemporary Issues in Alcohol, Tobacco and Drugs	Module 5
6 10/1	Nutrition and Fitness	Module 6
7 10/8	Social and Emotional Learning	Module 7 Exam 1
8 10/15	Mental and Emotional Health	Module 8
9 10/22	Stress Management	Module 9 Discussion Board
10 10/29	Contemporary Issues in Mental and Emotional Health	Module 10
11 11/5	Sexual Health	Module 11
12 11/12	Contemporary Issues in Sexual Health	Module 12
13 11/19	Community Health and Advocacy Appropriate Practices in School-Based Health Education	Module 13 Presentations & Discussion Bd
11/26	Happy Thanksgiving!	
15 12/3	Connecting the Dots in School Health	Module 14
12/11-13		Exam 2

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

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:
    - Blackboard Learn: https://its.gmu.edu/knowledge-base/blackboard-instructional-technology-support-for-students/
    - Canvas: https://its.gmu.edu/service/canvas/

- For information on student support resources on campus, see: https://ctfe.gmu.edu/teaching/student-support-resources-on-campus
    - 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:

[Template Revision: June 2024]

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.

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