

George Mason University
College of Education and Human Development
HEAL

HEAL 110 DL1 – Personal Health
3 Credits, Spring 2025
Distance Learning

Faculty

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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

Through a variety of learning activities, students will be expected to master content in 10 basic topics of personal health. They will also be expected to apply strategies for change to improve personal health.

Course Delivery Method

This course will be delivered online using an **asynchronous** (not “real time”) format via the CANVAS (LMS) housed in the MyMason portal. You will log in to the course site using your Mason email name (everything before “@masonlive.gmu.edu”) and email password. The course site will be available on Jan 20th, 12:01am.

- 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 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 control and prevention;
 - g. Consumerism and health care utilization;
 - h. Safety;
 - i. Human growth and development; and
 - j. Environmental conservation.

2. Identify ways they can improve their personal health;
3. Investigate the basic principles of the functioning of the human body as it relates to a person's health behavior choices and practices; and
4. Examine and discuss key facts, issues and problems related to personal health.

Professional Standards: Not applicable

Required Texts

Tunks, L. (2024). *An invitation to health: Taking Charge of Your Health* (21st ed.). Stamford, CT: Cengage Learning.

The textbook is integrated into Canvas for your convenience as part of the Cengage First Day Program. If you choose not to use the First Day Program, you need to contact the Mason bookstore immediately. If you opt out of the First Day Program, you will need to purchase the textbook on your own. We will cover all 20 chapters and the exams are based on the Tunks, 21st edition.

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, our week will start on Mon, and finish on Sun. Our course week will begin on the day that our synchronous meetings take place as indicated on the Schedule of Classes.
- 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 2 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. **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.**
- **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 ensure accessibility must be registered with George Mason University Disability Services.

Course Performance Evaluation

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

- **Assignments and/or Examinations**

Requirements	Possible Points
<u>Tests</u> Test 01 (covers chapters 1-7) Test 02 (covers chapters 8-14) Test 03 (covers chapters 15-20) Each Canvas online exam is composed of 50 multiple-choice questions. The tests are based on the content of the text as organized and presented in PowerPoint lectures. To best prepare for the tests, students should use their textbook-based notes as well as PowerPoint lecture slides. Multiple-choice items will measure students' abilities to identify/recall, differentiate, apply and analyze subject material.	150 points

<u>Short Essay Quizzes</u> There will be 10 short essay quizzes based on the content of the text as organized and presented in PowerPoint lectures. Each short essay quiz will be graded 0-5 points with a total of 50 possible points that will be factored directly into the overall grade. The short essay questions will measure students' abilities to apply and analyze subject material.	50 points
<u>Discussion Forums</u> Each student is expected to post a comment in 10 different discussion forums and in each forum he/she has to reply to another student's posting. Each discussion forum will be based on a self-assessment completed by the student and then discussed at the forum. Each posting with reply is worth 5 points for a total of 50 points which will be factored directly into the overall grade. The discussion forums will represent affective learning experiences.	50 points
<u>Personal Change Plan</u> A Personal Change Plan will be completed by each student according to guidelines posted on Canvas. The project will be implemented in three parts. Students will begin the project from the start of the class and submit the final portion as the class concludes. The student will submit personal change plan reports at start, mid-point, and end point of the course.	75 points
TOTAL	325 points

Grading Scale by percentage

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

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		HEALTH AREA/READING	ASSIGNMENTS DUE
1	Jan 21-26	Ch. 1: Taking Charge of Your Health Start Ch. 2: Consumer Health: Making Informed Choices	No Assignment due. Review book and syllabus.
2	Jan 27 – Feb 2	Finish Ch. 2: Consumer Health: Making Informed Choices Ch. 3: Emotional and Spiritual Well-Being	<i>Short essay quiz 1</i> <i>Discussion forum 1</i>

WEEK		HEALTH AREA/READING	ASSIGNMENTS DUE
3	Feb 3-9	Ch. 4: Caring for Your Mind Start Ch. 5: Stress Management	<i>Short essay quiz 2</i> <i>Discussion forum 2</i>
4	Feb 10-16	Finish Ch. 5: Stress Management Ch. 6: Personal Nutrition	<i>Short essay quiz 3</i> <i>Discussion forum 3</i>
5	Feb 17-23	Ch. 7: Body Composition and Weight Management	Test 1 covers chs 1-7 Personal Change Plan – Part 1
6	Feb 24 – Mar 2	Ch. 8: Physical Activity and Fitness Start Ch. 9: Communicating and Connecting	<i>Short essay quiz 4</i> <i>Discussion forum 4</i>
7	Mar 3-9	Finish Ch. 9: Communicating and Connecting Ch. 10: Sexual Health	<i>Short essay quiz 5</i> <i>Discussion forum 5</i>
8	Mar 10-16	SPRING RECESS	No assignments due
9	Mar 17-23	Ch. 11: Safer Sex and Reproductive Options Start Ch. 12: Sexually Transmitted Infections	<i>Short essay quiz 6</i> <i>Discussion forum 6</i>
10	Mar 24-30	Finish Ch. 12: Sexually Transmitted Infections Ch. 13: Major Diseases Ch. 14: Infectious Diseases	Test 2 covers chs 8-14 Personal Change Plan – Part 2
11	Mar 31 – Apr 6	Ch. 15: Addictive Behaviors and Drugs	<i>Short essay quiz 7</i> <i>Discussion forum 7</i>

WEEK		HEALTH AREA/READING	ASSIGNMENTS DUE
12	Apr 7-13	Ch. 16: Alcohol Start Ch. 17: Tobacco and Nicotine Use	<i>Short essay quiz 8</i> <i>Discussion forum 8</i>
13	Apr 14-20	Finish Ch. 17: Tobacco and Nicotine Use Start Ch. 18: Occupational and Financial Health	<i>Short essay quiz 9</i> <i>Discussion forum 9</i>
14	Apr 21-27	Finish Ch. 18: Occupational and Financial Health Ch. 19: A Healthier Environment	<i>Short Essay quiz 10</i> <i>Discussion forum 10</i>
15	Apr 28 – May 4	Ch. 20: A Lifetime of Health	Test 3 covers chs 15-20 Personal Change Plan - Part 3

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:
 - 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:

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.