

George Mason University
College of Education and Human Development
HEAL

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

Faculty

Name: Dr. Kelly Morgan
Office Hours: By Appointment
Email Address: kvanders@gmu.edu

Prerequisites/Corequisites

None

University Catalog Course Description

This course 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 will be delivered online (76% or more) using 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 **January 20, 2025**.

- 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. 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;
 - f. Infectious/chronic disease control and prevention;
 - g. Consumerism and health care utilization;
 - h. Safety;

e. Alcohol, tobacco and other substance abuse prevention;

i. Human growth and development; and

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

Tunks, L. (2025). *An Invitation to Health* (21st edition). Boston, MA: Cengage.

ISBN: 9780357973790

Your textbook is part of Canvas and 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 chapters. The exams are based on this 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/720329>
- Consistent and reliable access to GMU email and the course LMS, as these are the official methods of communication for this course.
- 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 Monday, and finish on Sunday.
- 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 2 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. 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 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 Canvas. All assignments, discussions, quizzes, and exams must be submitted to the proper location by the due date to receive credit.

Quizzes and Exams will NOT reopen and will NOT be accepted after the due date. Other work (Assignments, Discussion Boards, Personal Change Plan) submitted up to 48 hours after the due date, 50% will be deducted from the earned grade. After 48 hours, this work (Assignments, Discussion Boards, Personal Change Plan) will not be accepted. Extensions may be accepted with PRIOR approval from the instructor prior to the due date.

- **Assignments and/or Examinations**

- Quizzes, Assignments
 - The quizzes are designed to assist in mastering the concepts in the readings. (10 points each)
 - The assignments are designed to introduce additional health resources. (points vary)
- Personal Change Plan (PCP) - This semester project consists of three parts. (40 points each)
- Exams - Each exam will consist of 75 multiple choice questions.
 - Exam 1—Content from Weeks 1-7 (75 points)
 - Exam 2— Content from Weeks 8-14 (75 points)

- **Other Requirements**

N/A

- **Grading** - Course performance evaluation 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

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

WEEK	TOPICS	THINGS THAT ARE DUE
1 – 1/21-1/26	TAKING CHARGE OF YOUR HEALTH	<p>Due Sunday, 1/26 at 11:59pm:</p> <p>Reading:</p> <ul style="list-style-type: none"> • The syllabus • Chapter 1 / Chapter 1 slides • Personal Change Plan assignment description <p>Assignments:</p> <ul style="list-style-type: none"> • Set up the textbook with Cengage • Discussion – Introductions
2 – 1/27-2/2	CONSUMER HEALTH: MAKING INFORMED CHOICES	<p>Due Sunday, 2/2 at 11:59pm:</p> <p>Reading:</p> <ul style="list-style-type: none"> • Chapter 2 / Chapter 2 slides • <i>9 Great Health Articles Worth Reading Again</i> <p>Assignments:</p> <ul style="list-style-type: none"> • Week 2 Quiz • Discussion - Health Behavior
3 – 2/3-2/9	EMOTIONAL AND SPIRITUAL WELL-BEING	<p>Due Sunday, 2/9 at 11:59pm:</p> <p>Reading:</p> <ul style="list-style-type: none"> • Chapter 3 / Chapter 3 slides • Seligman <i>Positive Psychology</i> • Peterson, <i>What is Positive Psychology</i> <p>Assignments:</p> <ul style="list-style-type: none"> • Week 3 Quiz • PCP Part 1 - Contract
4 – 2/10-2/16	CARING FOR YOUR MIND	<p>Due Sunday, 2/16 at 11:59pm:</p> <p>Reading/Video:</p> <ul style="list-style-type: none"> • Chapter 4 /Chapter 4 slides • <i>How to be Happy! Positive Psychology in Action</i> <p>Assignments:</p> <ul style="list-style-type: none"> • Week 4 Quiz

WEEK	TOPICS	THINGS THAT ARE DUE
5 – 2/17-2/23	STRESS MANAGEMENT	<p>Due Sunday, 2/23 at 11:59pm:</p> <p>Reading:</p> <ul style="list-style-type: none"> • Chapter 8 / Chapter 8 slides <p>Assignments:</p> <ul style="list-style-type: none"> • Week 5 Quiz • Stress Management Techniques
6 – 2/24-3/2	PERSONAL NUTRITION	<p>Due Sunday, 3/2 at 11:59pm:</p> <p>Reading/Video:</p> <ul style="list-style-type: none"> • Chapter 5 / Chapter 5 slides • <i>My Plate on Campus Toolkit</i> • <i>Basic Nutrition</i> <p>Assignments:</p> <ul style="list-style-type: none"> • Week 6 Quiz • Food journal
7 - 3/3-3/9	BODY COMPOSITION AND WEIGHT MANAGEMENT	<p>Due Sunday, 3/9 at 11:59pm:</p> <p>Reading/Video:</p> <ul style="list-style-type: none"> • Chapter 6 /Chapter 6 slides • Mayo Clinic, <i>Weight Loss Basics</i> • NIH, <i>Weight Loss and Nutrition Myths</i> • <i>Nutrition and Weight Management</i> <p>Assignments:</p> <ul style="list-style-type: none"> • Week 7 Quiz
3/10-3/16	SPRING BREAK	Have fun!

WEEK	TOPICS	THINGS THAT ARE DUE
8 - 3/17-3/23	PHYSICAL ACTIVITY AND FITNESS	<p>Due Sunday, 3/23 at 11:59pm:</p> <p>Reading:</p> <ul style="list-style-type: none"> • Chapter 7 / Chapter 7 slides • <i>Physical Activity Guidelines for Americans</i> <p>Assignments:</p> <ul style="list-style-type: none"> • Week 8 Quiz
9– 3/24-3/30	COMMUNICATING AND CONNECTING SEXUAL HEALTH	<p>Due Sunday, 3/30 at 11:59pm:</p> <p>Reading:</p> <ul style="list-style-type: none"> • Chapter 9 / Chapter 9 slides • Chapter 10 / Chapter 10 slides • <i>Protecting Your Fertility</i> • <i>An Overview on Healthy Sexuality and Sexual Violence Prevention</i> • Broman, <i>Social Relationships and Health-Related Behavior</i> • <i>Think b4 u Post</i> <p>Assignments:</p> <ul style="list-style-type: none"> • Week 9 Quiz • Exam 1 (Content from Weeks 1-8) • PCP Part 2 – Midpoint
10– 3/31-4/6	SAFER SEX AND REPRODUCTIVE OPTIONS SEXUALLY TRANSMITTED INFECTIONS	<p>Due Sunday, 4/6 at 11:59pm:</p> <p>Reading/Video:</p> <ul style="list-style-type: none"> • Chapter 11 / Chapter 11 slides • Chapter 12 / Chapter 12 slides • <i>STIs: Facts and Fiction</i> <p>Assignments:</p> <ul style="list-style-type: none"> • Week 10 Quiz

WEEK	TOPICS	THINGS THAT ARE DUE
11 – 4/7-4/13	MAJOR DISEASES INFECTIOUS DISEASES	Due Sunday, 4/13 at 11:59pm: Reading: <ul style="list-style-type: none"> • Chapter 13 / Chapter 13 slides • Chapter 14 / Chapter 14 slides • Mayo Clinic, <i>Infectious Diseases</i> Assignments: <ul style="list-style-type: none"> • Week 11 Quiz • Major Disease
12 – 4/14-4/20	ADDICTIVE BEHAVIORS AND DRUGS ALCOHOL	Due Sunday, 4/20 at 11:59pm: Reading/Video: <ul style="list-style-type: none"> • Chapter 15 / Chapter 15 slides • Chapter 16 / Chapter 16 slides • <i>Types of Addiction</i> • <i>Alcohol's Effects on the Body</i> • <i>Tobacco: Risks, Laws & Habits</i> Assignments: <ul style="list-style-type: none"> • Week 12 Quiz
13 – 4/21-4/27	TOBACCO AND NICOTINE USE OCCUPATIONAL AND FINANCIAL HEALTH	Due Sunday, 4/27 at 11:59pm: Reading: <ul style="list-style-type: none"> • Chapter 17 / Chapter 17 slides • Chapter 18 / Chapter 18 slides Assignments: <ul style="list-style-type: none"> • Week 13 Quiz

WEEK	TOPICS	THINGS THAT ARE DUE
14 – 4/28-5/4	A HEALTHIER ENVIRONMENT A LIFETIME OF HEALTH	Due Sunday, 5/4 at 11:59pm: Reading: <ul style="list-style-type: none"> • Chapter 19 / Chapter 19 slides • Chapter 20 / Chapter 20 slides • WHO, Ambient Air Quality and Health • WHO, Drinking Water and Health Assignments: <ul style="list-style-type: none"> • Week 14 Quiz • Environmental Health
15– 5/5-5/11	FINALS PERIOD	Due Sunday, 5/11 at 11:59pm: Assignments: <ul style="list-style-type: none"> • PCP Part 3 – Final Report • Exam 2 (Covers content from Weeks 9-14) <p>NO LATE WORK WILL BE ACCEPTED FOR THESE ASSIGNMENTS</p>

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: <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.