

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

HEAL 110 DL4--Personal Health
3 Credits, Spring 2025
Online
(3/17-5/6)

Faculty

Name: Luanne Norden, MA
Office Hours: By appointment
Office Location: Recreation Athletic Complex (RAC) 2107
Office Phone: 703-993-2032
Email Address: lnorden@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 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 the first day of the session.

- 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
 - 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
 - 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
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 ed.). 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 must contact the 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 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 Tuesday, and finish on Monday.**
- Log-in Frequency:
Students must actively check the course Blackboard site and their GMU email Monday-Friday for communications from the instructor, class discussions, and/or access to course materials.
- 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 Blackboard. 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 with 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.

Discussion Boards

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)

This semester project consists of the Agreement and Final Report.

Exams

Each exam will consist of 40 multiple choice questions.

Exam 1—Chapters 1-7

Exam 2—Chapters 8-14

Exam 3—Chapters 15-20

- **Grading**

Quizzes and Assignments—75 points

Discussion Boards—15 points

Personal Change Plan (PCP)—40 points

Exam 1—40 points

Exam 2—40 points

Exam 3—40 points

TOTAL—250 points

Late work- 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.

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 (3/18-3/24)	Taking Charge of Your Health, Consumer Health: Making Informed Choices	Module 1 Discussion Board
2 (3/25-3/31)	Emotional and Spiritual Well-Being, Caring for Your Mind, Stress Management	Module 2 PCP Agreement
3 (4/1-4/7)	Personal Nutrition, Body Composition and Weight Management, Physical Activity and Fitness	Module 3 Exam 1
4 (4/8-4/14)	Communicating and Connecting, Sexual Health, Safer Sex and Reproductive Options	Module 4 Discussion Board
5 (4/15-4/21)	Sexually Transmitted Infections, Major Diseases, Infectious Diseases	Module 5 Exam 2
6 (4/22-4/28)	Addictive Behaviors and Drugs, Alcohol, Tobacco and Nicotine Use	Module 6 PCP Final Report
7 (4/29-5/6)	Occupational and Financial Health, A Healthier Environment, A Lifetime of Health	Module 7 Exam 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/academic-standards/>).

- 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.