George Mason University
College of Education and Human Development
HEAL

HEAL 110.DL3 – Personal Health
3 Credits, Fall 2025
Distance Learning

Faculty

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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 **August 25, 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**

- o 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)
- o Personal Change Plan (PCP) - This semester project consists of three parts. (40 points each)
- o Exams - Each exam will consist of 50 multiple choice questions.
    - Exam 1—Content from Weeks 1-2 (50 points)
    - Exam 2— Content from Weeks 3-4 (50 points)
    - Exam 3— Content from Weeks 5-7 (50 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: 8/25-8/31	TAKING CHARGE OF YOUR HEALTH CONSUMER HEALTH: MAKING INFORMED CHOICES	Due Sunday, 8/31 at 11:59pm: Reading: • The syllabus • Chapter 1 / Chapter 1 slides • Chapter 2 / Chapter 2 slides • Personal Change Plan assignment description • See Resources for additional optional reading Assignments: • Set up the textbook with Cengage • Week 1 Quiz • PCP Part 1 – Contract • **Optional Discussion Forum*
2: 9/1-9/7	EMOTIONAL AND SPIRITUAL WELL-BEING CARING FOR YOUR MIND	Due Sunday, 9/7 at 11:59pm: Reading: • Chapter 3 / Chapter 3 slides • Chapter 4 /Chapter 4 slides • See Resources for additional optional reading Assignments: • **Exam 1 (Content from Weeks 1-2)**
3: 9/8-9/14	STRESS MANAGEMENT OCCUPATIONAL AND FINANCIAL HEALTH	Due Sunday, 9/14 at 11:59pm: Reading: • Chapter 5 / Chapter 5 slides • Chapter 18 /Chapter 18 slides • See Resources for additional optional reading Assignments: • Week 3 Quiz • Stress Management Techniques • **Optional Discussion Forum*

WEEK	TOPICS	THINGS THAT ARE DUE
4: 9/15-9/21	PERSONAL NUTRITION PHYSICAL ACTIVITY AND FITNESS	Due Sunday, 9/21 at 11:59pm: Reading/Video: • Chapter 6 / Chapter 6 slides • Chapter 8 / Chapter 8 slides • See Resources for additional optional reading Assignments: • **Exam 2 (Content from Weeks 3-4)** • PCP Part 2 – Midpoint
5: 9/22-9/28	COMMUNICATING AND CONNECTING SEXUAL HEALTH	Due Sunday, 9/28 at 11:59pm: Reading: • Chapter 9 / Chapter 9 slides • Chapter 10 / Chapter 10 slides • See Resources for additional optional reading Assignments: • Week 5 Quiz • **Optional Discussion Forum*

WEEK	TOPICS	THINGS THAT ARE DUE
6: 9/29-10/5	SAFER SEX AND REPRODUCTIVE OPTIONS SEXUALLY TRANSMITTED INFECTIONS	Due Sunday, 10/5 at 11:59pm: Reading/Video: • Chapter 11 / Chapter 11 slides • Chapter 12 / Chapter 12 slides • See Resources for additional optional reading Assignments: • Week 6 Quiz
7: 10/6- 10/12	ADDICTIVE BEHAVIORS AND DRUGS ALCOHOL	Due Sunday, 10/12 at 11:59pm: Reading/Video: • Chapter 15 / Chapter 15 slides • Chapter 16 / Chapter 16 slides • See Resources for additional optional reading Assignments: • PCP Part 3 – Final Report • **Exam 3 (Covers content from Weeks 5-7)** **NO LATE WORK WILL BE ACCEPTED FOR THESE ASSIGNMENTS**

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
- Common Policies Affecting All Courses at George Mason University:
  https://stearnscenter.gmu.edu/home/gmu-common-course-policies/
    o Academic Standards
    o Accommodations for Students with Disabilities
    o FERPA and Use of GMU Email Addresses for Course Communication
    o Title IX Resources and Required Reporting

- Students must follow the university policy for Responsible Use of Computing (see
  https://universitypolicy.gmu.edu/policies/responsible-use-of-computing/).

- 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://stearnscenter.gmu.edu/knowledge-center/knowing-mason-students/student-support-resources-on-campus/
  - TimelyCare: https://caps.gmu.edu/timelycare-services/
  - Writing Center: https://writingcenter.gmu.edu/

- For additional information on the College of Education and Human Development's Student Success Resources, please visit: https://cehd.gmu.edu/students/.
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