

GEORGE MASON UNIVERSITY
School of Recreation, Health, and Tourism

HEAL110-Personal Health (3)
Section 5P4
Fall 2010

DAY/TIME: M 4:30- 7:10 PM LOCATION: Robinson Hall B 111
PROFESSOR: Diana Karczmarczyk, EMAIL ADDRESS: dkarczma@gmu.edu
MPH PHONE NUMBER: (provided in class)
OFFICE HOURS: Available by appointment

PREREQUISITES: None

COURSE DESCRIPTION

Focuses on individual and family well-being through the integration of such topics as fitness, nutrition, human sexuality, consumer-health, drug education, and mental health.

COURSE OBJECTIVES

1. Identify and describe the components of health and how they relate to total wellness
2. Create a complete personal plan to change or develop a health behavior
3. Participate in health/fitness related activities on campus and in the community
4. Discuss factors that affect longevity and health

COURSE OVERVIEW

The focus of this course is health for the 21st century. Students will discern the various components of health and wellness to include physical, psychological, spiritual, social, intellectual and social health. Management of stress, communication and relationships, and personal sexuality will be introduced as key parts of the wellness picture. Also included in this course will be an overview of reproductive choices, alternative medicines and the healthcare system, and information on the prevention of diseases. To complete the study, the use and misuse of drugs and alcohol will be covered. This course serves as a general overview and will prepare the student to make educated choices about personal health and provide a basic knowledge of health issues for use in more advanced study in the future.

CLASSROOM POLICIES:

- Please be on time to class. If you need to come in late- please do so quietly as to not disrupt others. In order to receive attendance credit for class you are required to stay the entire length of the class. Late arrivals may prohibit you from receiving full attendance credit for class.
- This class has a Blackboard component. It is important that you check Blackboard for important announcements, grades and to access the midterm and final exam.
- Weather related announcements for class will be posted on the Blackboard page and emailed (if possible) through Blackboard. It may be helpful to forward your Blackboard email to an account you frequently check.
- Be an active participant- listen, ask questions, and share ideas. It is your participation that will help to make this class more valuable. Sleeping in class is not a form of participation and you will be asked to leave.
- Please create a safe environment for people to openly communicate.

- Respect that each person is entitled to their own belief system.
- Complete all assignments on time. All written assignments are due at the beginning of class. Work may be emailed, submitted in Blackboard or turned in at the start of class. Late assignments will be accepted with points deducted for each day the assignment is late. The points lost will result in a drop of one letter grade taken off per day the assignment is late. If you miss class on a day when an assignment is due, please note that the assignment **MUST** be received by the Instructor via email prior to the start of class or points will be deducted.
- Type, spell check and proofread all papers. All papers must be typed with a font size of 12 points and a margin of 1 inch. All work must be double-spaced. Papers that are turned in that are not typed will receive a deduction in points.
- All work in this class must be your own. Use appropriate citation in work that is referenced.
- You may bring food and drink items to class, but please take all trash with you at the end of the class and dispose of properly.
- Cell phones must be muted or turned off during class. You are not to answer any calls in class or send any text messages. Video recording of any lectures is only allowed with the approval of the Instructor. Pictures are only allowed with the approval of the Instructor. Audio recording of lectures is allowed.
- Laptops are allowed in class to take notes on the lectures. Playing computer games and checking Facebook are examples of not participating in class. These behaviors will not be tolerated. If having a laptop in class is a possible source of this type of distraction please reconsider bringing the laptop to class.
- Make the Instructor aware of any disabilities or extenuating circumstances that will inhibit you from learning and participating. Every effort will be made to help with valid concerns.

REQUIRED READINGS

Hales, Diane (2011). *An Invitation to Health, Choosing to Change*. Belmont, CA : Wadsworth Cengage Learning.

EVALUATION

This course will be graded on a point system, with a total of 110 possible points.

	Points
Requirements	
<i>Exams</i>	
#1 Midterm- Multiple choice exam taken via Blackboard- 50 questions	20
#2 Final Exam (not cumulative)- Multiple choice exam taken via Blackboard- 50 questions	20
<i>Behavior Change Project (Part 1= 9 points, Part 2= 20 points)</i>	29
<i>Assignments (4 total)</i>	20
<i>Bonus Points (5 at 2 points each)</i>	10
<i>Participation/Attendance</i>	11
TOTAL	110

Note that students may earn up to 110 points, but the course will only be evaluated out of 100 points.**

Grading Scale

A+ = 99-100

A = 94 – 98

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

Rubrics for Behavior Change Project:

Part 1/Journals:

0= Journal was not submitted, submitted more than 2 days after due date, journal did not meet page length requirement and/or journal did not answer the required questions provided in the syllabus

1= Journal was submitted 2 days after the due date, journal did not meet page length requirement and/or journal did not clearly answer the required questions provided in the syllabus

2= Journal was submitted 1 day after the due date and/or journal provided general response to the required questions but was lacking deep analysis and personal reflection

3= Journal was submitted on time and clearly answered required questions with deep reflection based on classroom material and discussions to add to the final outcome of the project

Part 2/Final Paper:

Exemplary paper (18-20 points): Appropriate topic, thorough and thoughtful purpose and responses to required questions with appropriate citations as needed. Deep demonstration of analysis of dimensions of behavior change. Good writing style, free of mechanical or stylistic errors.

Adequate paper (16-17 points): Good overall paper, lacking in one or two of the required questions for an exemplary paper. Not entirely reflective or thoughtful, or minor writing style errors may be present.

Marginal paper (14-15 points): Overall, acceptable but with one or more significant problems. Contains some useful information, but may have substantial problems with evaluation, appropriate reflection, lacking required two or more required parts of the final paper, writing style unclear or inappropriate description of implementation of project.

Inadequate paper (1-13 points): Paper with substantial problems in important areas such as writing, proposed implementation of behavior change project, procedures for evaluation of results, or overall thoughtfulness. Contains little or no information of value.

Unacceptable/no paper (0 points): Paper with no value whatsoever relative to the assignment, or no paper turned in at all. May describe a project of no value that was not approved for this assignment

Rubrics for Assignments and Bonus Points:

Rubrics will be provided individually for each Assignment and Bonus Points in class and posted online

Rubrics for Participation/Attendance:

0= Student not present and/or did not complete in class activity

1= Student present in class and completed in class activity

TENTATIVE COURSE SCHEDULE:

8/30 Intro to class, Review syllabus, Develop contact cards/folders, Class pictures

9/6 Labor Day Holiday- **No Class**

9/13 Chapter 1 Your invitation to healthy Change and Chapter 2 Psychological and Spiritual Well-Being

9/20 Chapter 3 Personal Stress Management and Chapter 4 Taking Care of Your Mind, **Assignment # 1 is due**

9/27 Chapter 5 The Joy of Fitness and Chapter 6 Personal Nutrition, **Assignment # 2 is due**

10/4 Chapter 7 Managing Your Weight and Chapter 8 Communicating and Relating, **First Behavior Change journal is due!**

10/12 (Note this is a TUESDAY!) Chapter 9 Personal Sexuality and Chapter 10 Reproductive Choices

10/18 **MIDTERM on Blackboard of Chapters 1-10 (taken online via Blackboard)**

10/25 Chapter 11 Avoiding Addictions and Chapter 12 Alcohol Use, Misuse, and Abuse , **Second Behavior change journal is due!**

11/1 Chapter 13 Tobacco Use, Misuse and Abuse and Chapter 14 Preventing Major Diseases, **Assignment # 3 is due**

11/8 Chapter 15 Avoiding Infectious Diseases, **Third Behavior Change journal is due!**

11/15 Chapter 16 Lowering Your Risk of Sexually Transmitted Infections and "And the band played on" movie and discussion

11/22 Chapter 17 Getting Quality Traditional and Nontraditional Healthcare, **Behavior Change project due!**

11/29 Chapter 18 Protecting Yourself from Injury, Violence, and Victimization and Chapter 19 Creating a Healthier Environment **Assignment # 4 is due**

12/6 Chapter 20 A Lifetime of Health, **All Bonus Points are due!**

12/20 **FINAL EXAM on Blackboard on Chapters 11-20 (taken online via Blackboard)**

Behavior Change Project (Part 1 and 2) Guidelines

The final outcome of the project (known as part 2) and what will be evaluated for a grade will be an 8-10 page double spaced paper discussing the following required components of the project:

1. Identify a behavior that you would like to consider changing. This can include behaviors such as smoking, physical activity, stress, nutrition and weight control. Please note: if you choose to engage in physical activities as your behavior change, please notify your healthcare provider and get their approval/support. It is your responsibility to ensure your health is not harmed as a result of this project. In addition, any behavior change that clearly harms your health (i.e. Eating only 1 meal per day) will result in failing the final project. Explain why you are choosing this behavior as your project topic.
2. List and explain groups/resources/organizations/people that can help in changing your behavior. Identify specifically how they can assist you in completing your project. You must indicate at least one group or organization that can assist you. You are **STRONGLY** encouraged to use these forms of support. If you choose not to use them, you must still list them in your paper.
3. List and explain advantages and disadvantages of your current behavior and why changing this behavior will improve your overall health.
4. Explain when, where and why you think your current behavior occurs. Be specific!
5. Create a personal commitment to set goals over 30 days to change behavior. Have a witness to your commitment. Include your witness' name in your project and how you hope that they will support you.
6. Create a timeline of goals. (For example- every 3 days I will complete a stress reduction self-assessment.) At least 3 short-term goals must be established.
7. Create a reward system for yourself. This is expected to be a formal reward system. Feeling satisfied is **NOT** considered a reward. Rewards can include, but are not limited to, a dinner out, a new outfit, or spending the money saved by not buying the cigarettes on something healthy.
8. Keep a journal and submit at least three 1 page entries indicating your progress over the 30-day period. These entries must be included in the 8-10-page limit. This is actually considered Part 1 of your project and will receive a grade on its own. You must submit these entries during the course of the 30-day period to the instructor. Failure to submit journal entries throughout the course of the project will result in a deduction of points on the final grade for part 1. These entries may be emailed, submitted in Blackboard or submitted at the start of class. These will need to be included into your final paper.

****Journal 1 should contain what behavior change will be committed over the 30 days. Journal 2 should focus on obstacles and challenges during the 30 days. Journal 3 should contain a visual log (such as a spreadsheet) of the behavior being tracked for the 30 days. ****

9. Review if the behavior change was successful. Why or why not?
10. Explain if there will be future behavior changes as a result from this project in the future for you. Be sure to give details.

Grades will **NOT** be based on the successful change of a behavior, but rather the completion of steps outlined above and the analysis and reflection in the paper. All papers must be typed and double-spaced.

Note: Faculty reserves the right to alter the schedule as necessary.



- ❖ All students are held to the standards of the George Mason University Honor Code [See <http://www.gmu.edu/catalog/apolicies/#Anchor12>]
- ❖ University policy states that all sound emitting devices shall be turned off during class unless otherwise authorized by the professor
- ❖ Students with disabilities who seek accommodations in a course must be registered with the Disability Resource Center (DRC) and inform the instructor, in writing, at the beginning of the semester [See www.gmu.edu/student/drc]
- ❖ For additional School of Recreation, Health, and Tourism information, please visit the website at <http://rht.gmu.edu>