

GEORGE MASON UNIVERSITY
School of Recreational, Health, and Tourism

HEAL 110 - Personal Health (3)
Fall 2011

DAY/TIME: T R 3:00PM-4:15PM

LOCATION: FX - West 1001

INSTRUCTOR: Michelle Henry, MA

PHONE NUMBER: 703-568-4298

OFFICE HOURS: Email for appointment

EMAIL ADDRESS: mhenry@gmu.edu

PREREQUISITES: None

COURSE DESCRIPTION

Focuses on individual health improvement by studying mental/emotional well-being, fitness, nutrition, drug abuse prevention, consumerism, safety and other topics.

COURSE OBJECTIVES

By the end of the course the students will be able to:

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.
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.

COURSE OVERVIEW

Students will study the various components of wellness leading to mastery of the basic content of personal health. This course serves as a general overview and will prepare the student to make educated choices about personal health, as well as, to provide a basic knowledge of health issues for use in more advanced study in the future. The achievement of student competencies in HEAL 110 relate to standards for the National Council for the Accreditation of Teacher Education, and the Commission and Accreditation of Athletic Training Education.

REQUIRED READINGS

Hales, Dianne (2011). An invitation to health, (2009, 2011ed.). Belmont, CA: Wadsworth Cengage Learning. ISBN 978-0-538-73655-8. Additional course material: <http://courses.gmu.edu>.

EVALUATION

15% - Test I
15% - Test II
15% - Test III

30% - Health Change Plan
25% - Participation

Grading Scale

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	

Blackboard Exams (3) - each exam is 100 points and weighted 15% of overall course grade

The course consists of three Blackboard online exams based on chapter readings and class lectures. Each exam will include 50 multiple choice questions. Point deductions will result for beginning the test after its start time deadline. The test questions will measure the student's ability to identify/recall, differentiate, apply and analyze the materials outlined in the course.

Health Change Plan – 100 points and weighted 30% of the overall course grade

This project consists of an online Health Change Plan and three in class presentations. The plan will map out a detailed progression of a health change implemented at the beginning of the semester and completed by the end of the semester. Each student will present their health change plan in small groups at the start, middle and end points of the course. This project is a health-related plan that reports experiences and learning as they link to materials in this course. For additional details regarding your Health Change Plan, please refer to your Health Change Packet on Blackboard.

Participation - % of attended days with full participation will be weighted 25% of overall grade

You are expected to attend all class sections, actively engage in class discussions, activities, presentations, and written work. Your class participation is an integral part of your learning experience, as well as, for the benefit of your classmates. We are counting on you and appreciate your full participation.

Absence = No Participation Credit

Late to class, extended break, leaving early = partial participation credit

Cell use/non-course computer use/waning attention and participation = partial participation credit

Note: Sleeping in class is not a form of participation

DATE	TEXT BOOK READING ASSIGNMENT	TOPIC	ASSIGNMENTS/ACTIVITIES
August 30		Introduction and Overview	
September 1	Chapter 1	Your Invitation to Healthy Change	Health Change Contract Due
September 6	Chapter 2	Emotional and Spiritual Well-Being	
September 8	Chapter 3	Personal Stress Management	Sampling Relaxation Techniques
September 13		Personal Stress Management Cont.	Sampling Relaxation Techniques
September 15	Chapter 4	Taking Care of Your Mind	
September 20	Chapter 5	The Joy of Fitness	
September 22		The Joy of Fitness Cont.	Health Change Plan Part 1 & Class Presentation Due
September 27	Chapter 6	Personal Nutrition	
September 29		Personal Nutrition Cont.	
October 4		Personal Nutrition Cont.	In Class Movie; Food Inc.
October 6	Chapter 7	Taking Control of Your Weight	
October 11		No Class – Columbus Day Recess	
October 13	Chapter 8	Communicating and Relating	
*** ONLINE EXAM 1 – Deadline Start: Monday, October 17, 10:30PM; Exam covers Chapters 1-7 ***			
October 18	Chapter 9	Personal Sexuality	
October 20	Chapter 10	Reproductive Choices	
October 25	Chapter 11	Avoiding Addictive Behaviors and Drug Abuse	
October 27	Chapter 12	Alcohol Use, Misuse, and Abuse	
November 1	Chapter 13	Tobacco Use, Misuse, and Abuse	Health Change Plan Part 2 & Class Presentation Due
November 3	Chapter 14	Tobacco Use, Misuse, and Abuse Cont; Preventing Major Diseases	
*** ONLINE EXAM 2 – Deadline Start, Monday, November 7, 10:30PM; Exam covers Chapters 8-13***			
November 8		Preventing Major Diseases Cont.	
November 10	Chapter 15	Avoiding Infectious Diseases	
November 15	Chapter 16	Lowering Your Risk of Sexually Transmitted Infections	
November 17	Chapter 17	Getting Quality Traditional and Nontraditional Health Care	
November 22		Getting Quality Traditional and Nontraditional Health Care Cont.	(Possible guest speakers)
November 24		No Class - Thanksgiving Recess	
November 29	Chapter 18	Protecting Yourself from Injury, Violence, and Victimization	
December 1	Chapter 19	Protecting Yourself from Injury, Violence, and Victimization Cont; Working Toward a Healthy Environment	
December 6		Working Toward a Healthy Environment Cont.	Health Change Plan Part 3 & Class Presentation Due
December 8	Chapter 20	A Lifetime of Health	
***ONLINE FINAL EXAM Deadline Start, Thursday, December 15, 1:30PM; Exam covers Chapters 14-20 ***			

This is a tentative course schedule. Faculty reserves the right to alter the schedule as needed.

***Readings should be completed by the date listed on the schedule, unless otherwise specified.**

Student Expectations

- Students must adhere to the guidelines of the George Mason University Honor Code [See <http://academicintegrity.gmu.edu/honorcode/>].
- Students with disabilities who seek accommodations in a course must be registered with the George Mason University Office of Disability Services (ODS) and inform their instructor, in writing, at the beginning of the semester [See <http://ods.gmu.edu/>].
- Students must follow the university policy for Responsible Use of Computing [See <http://universitypolicy.gmu.edu/1301gen.html>].
- Students are responsible for the content of university communications sent to their George Mason University 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 must follow the university policy stating that all sound emitting devices shall be turned off during class unless otherwise authorized by the instructor.
- Students are expected to exhibit professional behaviors and dispositions at all times.

Campus Resources

- The George Mason University Counseling and Psychological Services (CAPS) staff consists of professional counseling and clinical psychologists, social workers, and counselors who offer a wide range of services (e.g., individual and group counseling, workshops and outreach programs) to enhance students' personal experience and academic performance [See <http://caps.gmu.edu/>].
- The George Mason University Writing Center staff provides a variety of resources and services (e.g., tutoring, workshops, writing guides, handbooks) intended to support students as they work to construct and share knowledge through writing [See <http://writingcenter.gmu.edu/>].
- For additional information on the College of Education and Human Development, School of Recreation, Health, and Tourism, please visit our website [See <http://rht.gmu.edu>].

