

George Mason University
School of Recreation, Health, Fitness and Tourism
HEAL 110-5P3 Personal Health
Fall 2011

Day/Time: Mon/Wed 10:30-11:45 a.m.

Location: Bull Run Hall 252

Professor: Lida Thanarak Pitsch

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Office Hours /Location: By appointment only

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.

Required Readings:

Hales, D. (2009). An invitation to health (2009-2011 ed.). Belmont, CA: Wadsworth Cengage Learning.

Course Overview:

Attendance

Students are expected to be on time, attend all class meeting and will be prepared for class discussion.

Quizzes

A quiz will be given most Wednesdays at the beginning of class. The quiz will be 10 points based on Monday's lecture content that occurred in class. Quiz material can be comprised of lecture content, class discussion, class activities, and questions answered in the previous class. You are not required to bring a Scantron for this portion. If you are late to class, you cannot make up the quiz at the end of class.

Examination

This course is comprised of 3 class exams and 1 final exam that have multiple choice answers. The examinations may cover material in the required textbook, class notes, and discussion completed during class sessions. Examinations are given via Blackboard, the exam is multiple choice, true/false, and timed (whatever

questions left unanswered will be considered wrong if it is not done in the time permitted). Once you log in to take the exam you are committed and cannot change your mind, you are given one chance. Your grade will be given at the end of the exam.

Project/Paper Assignments

Refer to the Course Outline due dates. You will be expected to complete 10 written assignments (12 point Times New Roman font, double spaced, at least 1 page in length each, completed with a reference list, and cover page) each assignment is worth 10 points. A cumulative written assignment is due at the end of semester that is worth 15 points that will be a minimum of 10 pages not including cover page and references. A total value of 115 points, details of the assignments will be given in class.

Make Up Work

Students who are absent or who arrived late without an official university or a medical doctor's excuse will not be permitted to participate in the class activities for credit the day of the absence or tardy event. There will be no make-up quizzes or exams unless an excused absence has been warranted. Students, who miss an examination, quiz or other class activity because of an excused absence must complete the assignment **within a week of the excused absence**. It is the student's obligation to pursue any make-up work.

Late Assignments

All work is due at the beginning of class time on the indicated day. **NO LATE WORK WILL BE ACCEPTED!**

Syllabus

The instructor reserves the right to make changes to the syllabus as needed. Changes will be announced (repeatedly) in class. Instructor is not obligated to modify changes to syllabus posted on Blackboard or email students updated syllabus. It is the responsibility of the students to attend class on a regular base to stay current on assignments, due dates, and changes.

Evaluation:

<u>Evaluation</u>	<u>Number</u>	<u>Points</u>	<u>Total Points</u>
First Exam	50	2	100
Second Exam	50	2	100
Third Exam	50	2	100
Final Exam	100	2	200
Quizzes	13	10	130
Written Assignments	10; 1	10; 15	115

Grading Scale:

The student's final letter grade will be earned based on the following scale:

A :	692.8-745 pts. (93%)	C+:	573.6-595.99 pts. (77%)
A- :	670.5-692.79 pts. (90%)	C :	543.8-573.59 pts. (73%)
B+:	648.1-670.49 pts. (87%)	C- :	521.5-543.79 pts. (70%)
B :	618.3-648.09 pts. (83%)	D :	469.3-521.49 pts. (63%)
B- :	596-618.29 pts. (80%)	F :	<469.29

Course Outline:

Week	Dates	Topics	Due
Week 1	Mon 8/29	Introduction; Chapter 1 Your Invitation to Health Change	-----
	Wed 8/31	Chapter 2 Psychological and Spiritual Well-Being	Quiz
Week 2	Mon 9/5	No Class – Labor Day	-----
	Wed 9/7	Chapter 3 Personal Stress Management	-----
Week 3	Mon 9/12	Chapter 4 Taking Care of Your Mind	Paper
	Wed 9/14	Chapter 4 Taking Care of Your Mind	Quiz
Week 4	Mon 9/19	Chapter 5 The Joy of Fitness	Paper
	Wed 9/21	Chapter 5 The Joy of Fitness	Quiz
Week 5	Mon 9/26	Chapter 6 Personal Nutrition	Paper
	Wed 9/28	Chapter 6 Personal Nutrition	Quiz
Week 6	Mon 10/3	Chapter 7 Managing Your Weight	Paper
	Wed 10/5	Chapter 7 Managing Your Weight	Quiz
Week 7	Mon 10/10	No Class – Columbus Day	-----
	Tues 10/11	Chapter 8 Communication and Relating	-----
	Wed 10/12	Chapter 8 Communication and Relating (TEST 10/12-10/16 Ch 1-8)	Quiz
Week 8	Mon 10/17	Chapter 9 Personal Sexuality	Paper
	Wed 10/19	Chapter 10 Reproductive Choices	Quiz
Week 9	Mon 10/24	Chapter 11 Avoiding Addictions	Paper
	Wed 10/26	Chapter 11 Avoiding Addictions	Quiz
Week 10	Mon 10/31	Chapter 12 Alcohol Use, Misuse, and Abuse	Paper
	Wed 11/2	Chapter 12 Alcohol Use, Misuse, and Abuse	Quiz
Week 11	Mon 11/7	Chapter 13 Tobacco Use, Misuse, and Abuse	Paper
	Wed 11/9	Chapter 14 Preventing Major Disease	Quiz
Week 12	Mon 11/14	Chapter 14 Preventing Major Disease	Paper
	Wed 11/16	Chapter 15 Avoiding Infectious Diseases (TEST 11/16-11/20 Ch 9-15)	Quiz
Week 13	Mon 11/21	Chapter 16 Lowering Your Risk of Sexually Transmitted Infections	Paper
	Wed 11/23	No Class – Thanksgiving Break	-----
Week 14	Mon 11/28	Chapter 17 Getting Quality Traditional and Nontraditional Health Care	-----
	Wed 11/30	Chapter 18 Protecting Yourself from Injury, Violence, and Victimization	Quiz
Week 15	Mon 12/5	Chapter 19 Creating a Healthier Environment	Paper
	Wed 12/7	Chapter 20 A Lifetime of Health (last day of class) (TEST 12/7-12/11 Ch 16-20)	Quiz
Week 16	Mon 12/12	Reading Day	-----
	Wed 12/14	Final Exam 10:30 a.m. - 1:15 p.m.	-----

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/>].

