

GEORGE MASON UNIVERSITY
School of Recreation, Health, and Tourism

HEAL 110 – Personal Health (3)
Spring 2011

DAY/TIME:	TH 4:30 – 7:10 p.m.	LOCATION:	FFX STII 9
PROFESSOR:	Dr. Jan Redmond	EMAIL ADDRESS:	jredmon2@gmu.edu
OFFICE LOCATION:	Bull Run Hall 210A	PHONE NUMBER:	703-993-7118
OFFICE HOURS:	T-Th 10:30–11:30 a.m. or by appointment	FAX NUMBER:	703-993-2025

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.

COURSE OVERVIEW

This course is a degree requirement of BSED Health and Physical Education, and BS Athletic Training and Education. It is also an elective for majors in other degree programs. Through a variety of learning activities, students will be expected to master content in 10 basic topics of personal health. They will also be expected to understand strategies for change to improve personal health. The development of student competencies in HEAL 110 relate to standards for the National Council for the Accreditation of Teacher Education, and the Commission and the Accreditation of Athletic Training Education.

REQUIRED READINGS

Hales, D. (2011). *An Invitation to Health: Choosing to Change*. (14th edition). Belmont, CA: Wadsworth, Cengage Learning

CLASS POLICIES:

- ✓ Attendance is required for success in this class. The student is responsible for any information presented, discussed and assigned in class regardless of whether or not the student is present. Make-up tests, quizzes, assignments, or other grades will be granted for excused absences only:
- serious illness (doctor's note required)
 - official university excused absences (with proper documentation **and** prior notification)
 - extenuating circumstances (PRIOR approval should be obtained or direct contact made with the instructor **at least one class period** prior to the event)

- Please be aware that any student who does not attend the lecture during the initial drop/add phase and has not communicated with me is subject to being administratively dropped from the roster. Roll will be taken up until the last day to add a class only and will not be used in grade calculation.
- ✓ When contacting the instructor(s) in reference to class issues via e-mail or other method (for example a note in my mail box or on my office door), if you do not receive confirmation that I have received your message, project, etc., within a reasonable time period (**2 work days**), then I did not get it! **In other words, if you do not hear back from me, please follow up to make sure we are communicating effectively!**
- ✓ Please check Blackboard e-mail account prior to coming to class. If I am ill or there is a change in the class location, materials required, or meeting time, I will send an e-mail out via blackboard to all of your Mason student accounts.
- ✓ Students are always encouraged to come to office hours in order to ask additional questions on the material or to just check-in about anything.
- ✓ All students are expected to conduct their work for this class as spelled out in the George Mason University Honor Code. All class projects are subject to evaluation under plagiarism detection software such as “Turn It In” or “SafeAssign”.
- ✓ Student employment does not take priority over academic obligations. I recognize that many students need to work in order to meet living expenses, however, there are distinct guidelines for students in terms of the number of credit hours which should be attempted based on how many hours per week a student has outside employment. For additional information on this subject, please see the GMU student handbook.
- ✓ As per GMU policy, all sound emitting technology is required to be turned off during the class meeting time. No sound emitting technology (e.g., cell phones, smart phones, iPads, Tablets, pagers, etc.) is allowed at any time during the lecture or lab sections. If the professor/instructor identifies any student using a sound emitting technology in any fashion (e.g., text message, phone calls, instant messaging services, or others) the student will be requested to leave the classroom, and it will count as an absence.
- ✓ Additionally, no laptop computers (e.g., netbooks, notebooks, etc.) will be permitted for use during class time; the only exception is for use during presentations and projects and only with instructor permission.

Learning Experiences and Evaluation:

1. Journal Article	75 pts
2. Presentation	75 pts
3. Examinations (2 @ 100pts)	200 pts
4. Class Assignments	60 pts
5. Participation	<u>10 pts</u>
Total points:	420 pts

(Final grade will be calculated using the number of points you earn for the semester divided by a total of ± 420 possible points)

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	

Assignments:

1. Article (75 pts.) – Four page critique/review

Due on the day of your presentation. You will critique a scholarly article, published since 2009, relating to your presentation topic. Introduce the topic and discuss how the selected article relates to your presentation topic. What relevant findings did the author(s)/researcher(s) present in regards to the presentation topic? Did the author's presentation of the information/research influence your thinking/perception of your presentation topic? **Choose an article that is specific to your presentation topic, that you understand, and has some depth (i.e...longer than one page).** The paper is worth 60 points. Evaluation will be based on: **content, grammar, spelling, and paper requirements.**

Paper Requirements – (and for all written assignments)

Due Date: Presentation

1. Cover page – Topic, Article Title, Name, and Date
2. Three **FULL** written pages (not 1 ½ or 1 ¾)
3. Font Type – Courier New (12 pt., double spaced),
4. Margins, Header & Footer – 1” max.
5. Reference page

2. Presentation (75 pts.) - Presentations topics will be in relation to the college student and include physical wellness, stress management/spiritual wellness, nutrition, communication and relationships, and drugs and alcohol. Students will form groups of four and prepare a 15-minute (minimum) presentation on one of the assigned topics listed above. Each group will be required to research their respective topic, using journal articles and/or reputable sources as well as information provided in relevant textbooks to become an “expert” in their selected topic. The presentation should reflect an in depth research on the topic to be presented. Groups should be prepared to teach the class and lead the class in a discussion on their selected topics. A minimum of four sources must be used (each individual group member will select and critique an article relevant to their presentation topic, which can be used as a source of information for the presentation...see assignment #1). Copies of the group's presentation outline, a list of important definitions, as well as a bibliography must be provided to the professor on the day of the presentation. **Professional attire is required.**

4. Exams (100 pts. each) – Exams will consist of multiple choice questions and short answer questions. Missing an exam without proper notice will result in 0 points.

5. Class Assignments (60 pts.)/Participation (10 pts.) - You are expected to attend all classes as your participation in this course is essential. You will be provided multiple opportunities to take part in discussions throughout the semester including your presentation and class assignments. You may be excused from class for school events as long as I receive a letter or excused absence report from your professor/coach at **least one class period BEFORE the class you will miss.** Those with excused absences will be allowed to make up any in class activities missed, including tests (**you are responsible for finding out what work you missed in class through your classmates**). Assigned work must be turned in on the date it is due even with an excused absence (find a way to get it to me). If you do miss class (unexcused), **you are expected to find out what assignments are due the next class through a classmate if you expect to receive any credit.** You will not be able to hand in late work or make up any work that is done during the class you have missed including quizzes and exams. This is the one area that can make or break an “A” in the course. **GMU email** is the only email to communicate with me. I

will try to return your email within 2 work days, excluding weekends, GMU holidays, and weekdays after 7p.m. Please plan ahead of time if you have any questions.

Assignments: *Students are expected to complete all assignments on time even with an excused absence. Full credit will only be given when assignments are turned in on time. Assignments will be collected at the start of class. No late assignments will be accepted.*

TENTATIVE COURSE SCHEDULE

DATE			TOPIC	READINGS/ASSIGNMENT DUE
M	August	29	Introduction to Personal Health 110/ Chapter 1	
M	September	5	Labor Day	
M		12	Chapter 2 - Psychological and Spiritual Well-Being	Chapter 1 & 2
M		19	Chapter 3 - Personal Stress Management	Chapter 3
M		26	Chapter 4 - Taking Care of Your Mind	Chapter 4
M	October	3	Chapter 5 - The Joy of Fitness	Chapter 5/Article Selection Due Date
M		10	Columbus Day – Class meets on Tuesday	
T		11	Chapter 6 - Personal Nutrition	Chapter 6/Presentation
M		17	Chapter 7 – Managing Your Weight	Chapter 7/Presentation
M		24	Exam: Chapters 1-7	
M		31	Chapter 8 – Communicating and Relating	Chapter 8/Presentation
M	November	7	Personal Sexuality	Chapter 9, 10 & 16/Presentation
M		14	Chapter 11 – Avoiding Addictions	Chapter 11, 12 & 13
M		21	Chapter 12 & 13 – Alcohol & Drugs	Chapter 12 & 13/Presentation
M	November	28	A Lifetime of Health	Chapter 17, 19 & 20
M	December	5	Personal Health Reflection Discussion & Review for Final	
			Final Exam - Cumulative	

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

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>].

