

GEORGE MASON UNIVERSITY  
School of Recreation, Health, and Tourism

HEAL 110 DL2 – Personal Health (3)  
FALL 2012

DAY/TIME: Online Education                      LOCATION: Online Education  
INSTRUCTOR: Michelle Henry, MA                      EMAIL ADDRESS: [mhenry12@gmu.edu](mailto:mhenry12@gmu.edu)  
OFFICE HOURS: M, T, W, Th 7:00-9:00PM  
Please contact me via email.

**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**

The focus of this course is health for the 21<sup>st</sup> 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.

**NATURE OF COURSE DELIVERY**

This is an online distance education course. Assignments and course announcements are posted through Blackboard. There are no class meetings.

**DISTANCE EDUCATION EXPECTATIONS**

Students are held to the standards of the George Mason University Honor Code. Distance education relies on mutual communication and trust. Students are expected to complete their own work without inappropriate assistance. Students are expected to log into the course M-F to stay current on course announcements. Much of the communication between the instructor and students takes place via email. The instructor will reply to students' emails within 24 hours, M-F. Students are expected to reply to the instructor's email within 24 hours, M-F. Students are expected to participate in each of the discussion boards and fulfill all assignments. Assignments must be submitted on the specified due date for full credit to be earned.

## REQUIRED READINGS

Hales, D. (2013). *An Invitation to Health (15<sup>th</sup> edition)*. Belmont, CA: Wadsworth Cengage Learning. (The textbook package for this online section contains access codes required for the online resources. Please purchase the textbook package designated for Section DL2 at the Mason bookstore).

Access to Blackboard at <http://mymason.gmu.edu>.

Exam 1—50 points  
Exam 2—50 points  
Exam 3—50 points  
Health Change Plan (HCP)—75 points  
Assignments and Discussion Boards—125 points  
**TOTAL—350 points**

## Grading Scale

A = 329-350	B+ = 308-314	C+ = 273-279	D = 210-244
A- = 315-328	B = 294-307	C = 259-272	F = 209 and below
	B- = 280-293	C- = 245-258	

TENTATIVE COURSE SCHEDULE (*Faculty reserves the right to alter the course schedule as necessary*).

WEEK	TOPIC	READINGS/ASSIGNMENT DUE
1 (8/27-31)	Your Invitation to a Healthy Future	Survey/Chapter 1/Post-test/ Discussion Board
2 (9/4-7)	Your Psychological and Spiritual Well-Being	Chapter 2/Post-test/HCP Contract
3 (9/10-14)	Caring for Your Mind	Chapter 3/Post-test
4 (9/17-21)	Personal Stress Management	Chapter 4/Post-test/Discussion Board
5 (9/24-28)	Social Health	Chapter 5/Post-test/Discussion Board
6 (10/1-5)	Personal Nutrition	Chapter 6/Post-test
7 (10/9-12)	Managing Your Weight	Chapter 7/ <b>Exam 1</b> / Midterm Course Evaluation
8 (10/15-19)	The Joy of Fitness	Chapter 8/Post-test/Discussion Board
9 (10/22-26)	Personal Sexuality and Reproductive Choices	Chapters 9 & 10/Post-tests/HCP Midpoint Presentations
10 (10/29- 11/2)	Lowering Your Risk of Sexually Transmitted Infections and Avoiding Addictions	Chapters 11 & 12/Post-tests
11 (11/5-9)	Alcohol & Tobacco	Chapters 13 & 14/Post-tests/ <b>Exam 2</b>
12 (11/12-16)	Preventing Major Disease & Infectious Illnesses	Chapters 15 & 16/Post-tests/ Discussion Board
13 (11/19-20)	Traditional and Nontraditional Health Care	Chapters 17 /Post-test

<b>WEEK</b>	<b>TOPIC</b>	<b>READINGS/ASSIGNMENT DUE</b>
14 (11/26-30)	Personal Safety and a Healthier Environment	Chapters 18 & 19/Post-tests
15 (12/3-7)	A Lifetime of Health	Chapter 20/Post-test/HCP Presentations/Survey
(12/12-17)		<b>Exam 3</b>

#### Post-tests (5 points each—100 points total)

After reading the chapter and viewing the slide show presentation, you will need to complete the study plan at CengageNow. The study plan includes a diagnostic pre-test which generates your personalized study plan. This personalized study plan is comprised of learning activities, video clips, and highlighted text to help you master the concepts. Then you will complete the post-test. You will have the opportunity to correct your answers and submit the post-test twice more to improve your score. Your last post-test score will automatically be recorded into the grade book.

#### Discussion Boards (5 discussions—25 points total)

A topic/question will be posted by the instructor and you will post your response as well as comments and questions to your classmates' responses. The topics/questions will be relevant to the readings. The discussions will be graded based on your knowledge and understanding of the readings and your ability to relate the concepts to everyday experiences.

#### Health Change Plan (75 points total)

An assessment will be completed to determine areas where change is most needed. A Health Change Contract will be completed and submitted. Midpoint progress reports will be presented in small groups during the week of October 22. Final presentations of the Health Change Plan (HCP) will be presented in small groups during the week of December 3.

#### Exams (3 exams—150 points total)

Each exam will consist of 50 multiple choice questions.

#### *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>].

CORE VALUES COMMITMENT: The College of Education and Human Development is committed to collaboration, ethical leadership, innovation, research-based practice, and social justice. Students are expected to adhere to these principles.

