

GEORGE MASON UNIVERSITY
School of Recreation, Health, and Tourism

HEAL 110-5P5 Personal Health (3)
Fall 2013

DAY/TIME: TR 3 p.m. – 4:15 p.m. LOCATION: Thompson Hall 2022
INSTRUCTOR: Mena Nakhla EMAIL ADDRESS: MNakhla2@gmu.edu
OFFICE HOURS: By appointment only PHONE NUMBER: 571-482-8331

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 21st 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.

REQUIRED TEXT

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

NATURE OF COURSE DELIVERY – Face to face

EVALUATION

Students are held to the standards of the George Mason University Honor Code. You are expected to attend all class sections, actively participate in class discussion, and fulfill all assignments. Assignments must be turned in at the beginning of class on the specified date due or no credit will be given. Assignments have been scheduled in advance to provide you with sufficient time to plan and complete the assignment. Only students with extreme emergencies, a documented medical excuse or university sponsored functions discussed with the professor prior to the due date will be given consideration for exception. It is further recommended that students make copies of all written work submitted

This course will be graded on a point system, with a total of 100 possible points

Requirements	Points
Midterm exam	30
Final exam	30
Paper	15
In-class Attendance/Participation/Quizzes	25
TOTAL	100

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	

TENTATIVE COURSE SCHEDULE

DATE		TOPIC	READINGS/ASSIGNMENT DUE
Tuesday	8/27	Introduction to Personal Health 110, Chapter 1 Your Invitation to Healthy Change.	Chapter 1
Thursday	8/29	Chapter 2 Psychological and Spiritual Well-Being.	Chapter 2
Tuesday	9/3	Chapter 3 Caring for Your Mind	Chapter 2
Thursday	9/5	Chapter 3 Taking Care of Your Mind	Chapter 3
Tuesday	9/10	Chapter 4 Personal Stress Management	Chapter 4
Thursday	9/12	Chapter 5 Social Health	Chapter 5
Tuesday	9/17	Chapter 6 Personal Nutrition	Chapter 6
Thursday	9/19	Chapter 6 Personal Nutrition	Chapter 6
Tuesday	9/24	Chapter 7 Managing Your Weight	Chapter 7
Thursday	9/26	Chapter 7 Managing Your Weight	Chapter 7
Tuesday	10/1	Chapter 8 The Joy of Fitness	Chapter 8
Thursday	10/3	Chapter 8 The Joy of Fitness	Chapter 8
Tuesday	10/8	Chapter 9 Personal Sexuality	Chapter 9
Thursday	10/10	Chapter 10 Reproductive Choices	Chapter 10
Thursday	10/17	Chapter 11 Lowering Your Risk of Sexually Transmitted Infections	Chapter 11
Tuesday	10/22	Midterm Exam	
Thursday	10/24	Chapter 12 Avoiding Addictions	Chapter 12

DATE		TOPIC	READINGS/ASSIGNMENT DUE
Tuesday	10/29	Chapter 12 Avoiding Addictions	Chapter 12
Thursday	10/31	Chapter 13 Alcohol	Chapter 13
Tuesday	11/5	Chapter 13 Alcohol	Chapter 13
Thursday	11/7	Chapter 14 Tobacco	Chapter 14
Tuesday	11/12	Chapter 15 Preventing Major Disease	Chapter 15
Thursday	11/14	Chapter 15 Preventing Major Disease	Chapter 15
Tuesday	11/19	Chapter 16 Infectious Illness	Chapter 16
Thursday	11/21	Chapter 17 Traditional and Nontraditional Health Care	Chapter 17 Personal Health Paper due
Tuesday	11/26	Chapter 18 Personal Safety	Chapter 18
Tuesday	12/3	Chapter 19 A Healthier Environment	Chapter 19
Thursday	12/5	Chapter 20 A Lifetime of Health	Chapter 20
Thursday	12/12	Final Exam – 1:30 p.m.	

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

DESCRIPTION OF COURSE REQUIREMENTS AND ASSIGNMENTS

Students should submit all assignments electronically before class.

Personal Health Paper: A 3 page paper will be due on November 21st. Each student will select a health behavior change and will write about the behavior, desired outcome, the process in making the change and challenges making the behavior change. The health behavior should be specific to the student; it can be a health behavior they have undertaken in the last year or one they are currently going through.

Attendance and Participation: You are expected to come to each class on time and well prepared and ready to contribute to the topic of the day! Attendance will be taken before the beginning of class; students arriving late will not receive credit for attending class. All reading should be completed by the start of class on the day for which an assignment is due. Class attendance and participation constitutes 25 points of your final grade. Text readings, guest speakers throughout the semester, and in-class assignments will serve as the basis for class discussion and participation. Your responses, comments, and general contributions will be the primary criteria for evaluation, but attentiveness in class will also be taken into consideration. Instructor reserves the right to administer pop quizzes during the semester.

Exams

Midterm exam: 30 points

Final exam: 30 points

Student Expectations

- Students must adhere to the guidelines of the George Mason University Honor Code [See <http://oai.gmu.edu/honor-code/>].
- 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/policies/responsible-use-of-computing/>].
- 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.

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>].

PROFESSIONAL BEHAVIOR: Students are expected to exhibit professional behaviors and dispositions at all times.

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.

