

GEORGE MASON UNIVERSITY  
School of Recreation, Health, and Tourism

HEAL 110-004 Personal Health (3)  
Spring 2014

DAY/TIME: M 4:30p.m. – 7:10p.m.  
INSTRUCTOR: Tesha Crockett  
OFFICE HOURS: By appointment only

LOCATION: Robinson Hall A208  
EMAIL ADDRESS: tcrocket@gmu.edu  
PHONE NUMBER: 202-492-8298

**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**

1. Hales, D. (2013). An Invitation to Health (15th edition). Belmont, CA: Wadsworth Cengage Learning
2. Access to Blackboard at <http://mymason.gmu.edu>

**NATURE OF COURSE DELIVERY**

Face to face

## GRADING AND EVALUATION

Students are held to the standards of the George Mason University Honor Code. Students are expected to attend all class sections, actively participate in class discussion, and complete all assignments and exams by the date assigned. Assignments can be submitted electronically or in class prior to the due date. 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.

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

Requirements	Points
Online Exams	60
Behavior Change Project	15
In-class Attendance/Participation/Quizzes	25

### 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	

Date	Topic	Reading/Assignments
1/27/2014	Your Invitation to a Healthy Future Introduction Health Change Project	Chapter 1
2/3/2014	Your Psychological and Spiritual Well-Being	Chapter 2
2/10/2014	Caring for Your Mind Personal Stress Management	Chapter 3 Chapter 4 <b>Personal Goals Due!</b>
2/17/2014	Social Health Class Activity	Chapter 5
2/24/2014	Personal Nutrition Managing Your Weight	Chapter 6 Chapter 7
3/3/2014	The Joy Of Fitness <b>Test 1</b>	Chapter 8 <b>Test 1- Due 03/05/2014</b>
3/10/2014	<b>Spring Break</b>	
3/17/2014	Personal Sexuality Reproductive Choices	Chapter 9 Chapter 10
3/24/2014	Lowering Your Risk of Sexually Transmitted Infections	Chapter 11
3/31/2014	Avoiding Addictions	Chapters 12
4/7/2014	Alcohol	Chapters 13

	Tobacco	Chapter 14
4/14/2014	Preventing Major Disease <b>Test 2</b>	Chapter 15 <b>Test 2- Due 04/18/2014</b>
4/21/2014	Infectious Illnesses Traditional and Nontraditional Health Care	Chapter 16 Chapter 17
4/28/2014	Personal Safety A Healthier Environment	Chapter 18 Chapter 19
5/5/2014	A Lifetime of Health <b>Test 3</b>	Chapter 20 <b>Behavior Change Project Due!</b>
5/12/2014	<b>Final Exam Test 3 Opens May 5</b>	Test 3 Due May 12

## DESCRIPTION OF COURSE REQUIREMENTS AND ASSIGNMENTS

### Behavior Change Project

Each Student will choose their own behavior of health that they want to improve or modify. They will set goals, create an action plan, and keep a journal of their process throughout the semester. At the end of the Semester each student will write a paper discussing their successes and challenges during this process. This health behavior should be specific to each individual student and their specific goals.

### Attendance and Participation

Students 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. All reading should be completed by the start of class on the day for which for which the assignment is due.

Class attendance and participation constitutes 25 percent of your final grade. Readings, Assignment and In-Class activity will serve as the basis for the participation grade.

The Instructor reserves the right to administer pop quizzes during the semester.

### Exams

All exams must be taken on blackboard when scheduled. These tests are comprised of 50 multiple choice questions. The test has a time limit of 90 minutes and can't be taken more than once during the allotted. **Each Test will remain open for 5 days, and must be completed by 11:59 on the due date.** A missed exam can only be made up with approved documentation and approval from the instructor.

### *Student Expectations*

- Students must adhere to the guidelines of the George Mason University Honor Code [See <http://oai.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/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.



