

GEORGE MASON UNIVERSITY
School of Recreation, Health, and Tourism

HEAL 110-DL4 Personal Health (3)
SPRING 2015

DAY/TIME:	Online Education	LOCATION:	Online Education
INSTRUCTOR:	Dr. Kelly Morgan	EMAIL ADDRESS:	kvanders@gmu.edu
OFFICE LOCATION:	Nguyen Engineering 4902	PHONE NUMBER:	703-585-3373 (texts welcome)
OFFICE HOURS:	By appointment throughout the week		

PREREQUISITES

None

COURSE DESCRIPTION

This course 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.

DELIVERY METHOD:

This course will be delivered online using an **asynchronous** (not "real time") format via the Blackboard learning management system (LMS) housed in the MyMason portal. You will log in to the Blackboard course site using your Mason email name (everything before "@masonlive.gmu.edu) and email password. The course site will be available on **[Day &/or Time]**.

TECHNICAL REQUIREMENTS:

To participate in this course, students will need the following resources:

- High-speed Internet access with a standard up-to-date browser, either Internet Explorer or Mozilla Firefox. Opera and Safari are not compatible with Blackboard;
- Consistent and reliable access to their GMU email and Blackboard, as these are the official methods of communication for this course

- Students may be asked to create logins and passwords on supplemental websites and/or to download trial software to their computer or tablet as part of the course requirements.
- The following software plug-ins for PCs and Macs respectively, available for free downloading by clicking on the link next to each plug-in:
 - LIST ALL COURSE-RELATED PLUG-INS, SUCH AS THE FOLLOWING EXAMPLES...
 - Adobe Acrobat Reader: <http://get.adobe.com/reader/>
 - Windows Media Player: <http://windows.microsoft.com/en-US/windows/downloads/windows-media-player>
 - Apple QuickTime Player: www.apple.com/quicktime/download/
- A headset microphone for use with the Blackboard Collaborate web conferencing tool

EXPECTATIONS

- **Course Week:** Because online courses do not have a “fixed” meeting day, our week will **start on Monday (Tuesday for the first week only)**, and **finish on Sunday**.
- Students must actively check the course Blackboard site and their GMU email for communications from the instructor, at a minimum this should be 2 times per week.
- Students are expected to actively engage in all course activities throughout the semester, which include viewing of all course materials, completing course activities and assignments, and participating in course discussions and group interactions.
- Students are expected to demonstrate competence in the use of all course technology. Students are expected to seek assistance if they are struggling with technical components of the course.
- Students should expect that they could experience some technical difficulties at some point in the semester and should, therefore, budget their time accordingly. Late work will not be accepted based on individual technical issues.
- **Workload:** Expect to log in to this course **at least three times a week** to read announcements, participate in the discussions, and work on course materials. Remember, this course is **not** self-paced. There are **specific deadlines** and **due dates** listed in the **COURSE SCHEDULE** section of this syllabus to which you are expected to adhere. It is the student’s responsibility to keep track of the weekly course schedule of topics, readings, activities and assignments due.
- **Advising:** If you would like to schedule a one-on-one meeting to discuss course requirements, content or other course-related issues, and you are unable to come to the Mason campus, we can meet via telephone or web conference. Send me an email to schedule your one-on-one session and include your preferred meeting method and suggested dates/times.
- **Online Etiquette:** Our goal is to be **collaborative**, not combative. Experience shows that even an innocent remark in the online environment can be misconstrued. I suggest that you always re-read your responses carefully before you post them to encourage others from taking them as personal attacks. **Be positive in your approach to others and diplomatic with your words.** I will do the same. Remember, you are not competing with each other but sharing information and learning from one another as well as from the instructor.

REQUIRED

- 1) Hales, D. (2014). *An Invitation to Health: Live it Now! (16th edition)*. Belmont, CA: Wadsworth Cengage Learning. (ISBN 9781285783116)
- 2) Access to Blackboard at <http://mymason.gmu.edu>

EVALUATION

This course will be graded on a point system, with a total of 350 possible points.

Quizzes—100 points
 Discussion Boards and Assignments—25 points
 Health Change Plan (HCP) —75 points
 Exam 1—50 points
 Exam 2—50 points

Exam 3—50 points
TOTAL—350 points

Quizzes

The quizzes are designed to assist you in mastering the concepts in the readings.

Discussion Boards and Assignments

A topic will be posted by the instructor for you to 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. The assignments are designed to introduce you to additional health resources.

Health Change Plan

A health assessment will be completed to determine areas where change is most needed. A Health Change Contract will be completed and submitted. A midpoint progress report and final report are required.

Exams

Each exam will consist of 50 multiple-choice questions.

Exam 1—Chapters 1-7

Exam 2—Chapters 8-14

Exam 3—Chapters 15-20

Grading Scale

(by points)

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	

Grading Scale

(by percentage)

A = 94 - 100	B+ = 88 - 89	C+ = 78 - 79	D = 60 - 69
A- = 90 - 93	B = 84 - 87	C = 74 - 77	F = 0 - 59

TENTATIVE COURSE SCHEDULE

Faculty reserves the right to alter the course schedule as necessary.

WEEK	TOPIC	READINGS/ASSIGNMENT
1 (1/20-25)	The Power of Now	Chapter 1/ Introductions
2 (1/26-2/1)	Your Psychological and Spiritual Well-Being	Chapter 2
3 (2/2-8)	Caring for Your Mind	Chapter 3/HCP Contract
4 (2/9-15)	Personal Stress Management	Chapter 4
5 (2/16-22)	Your Social Health	Chapter 5
6 (2/23-3/1)	Personal Nutrition	Chapter 6
7 (3/2-8)	Managing Your Weight	Chapter 7/ Exam 1
	SPRING BREAK 3/9-15	
8 (3/16-22)	The Joy of Fitness	Chapter 8
9 (3/23-29)	Personal Sexuality & Reproductive Choices	Chapters 9 & 10/HCP Midpoint Report

WEEK	TOPIC	READINGS/ASSIGNMENT
10 (3/30-4/5)	Lowering Your Risk of Sexually Transmitted Infections & Addictions	Chapters 11 & 12
11 (4/6-12)	Alcohol & Tobacco	Chapters 13 & 14/ Exam 2
12 (4/13-19)	Major Disease & Infectious Illnesses	Chapters 15 & 16
13 (4/20-26)	Consumer Health & Personal Safety	Chapters 17 & 18
14 (4/27-5/3)	A Healthier Environment & A Lifetime of Health	Chapters 19 & 20
15 (5/4)		HCP Final Report/ Exam 3

Student Expectations

- Students must adhere to the guidelines of the George Mason University Honor Code [See <http://oai.gmu.edu/the-mason-honor-code-2/>]
- 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.

