

GEORGE MASON UNIVERSITY
School of Recreation, Health, and Tourism

HEAL 110-A01 Personal Health (3 credits)
SUMMER 2016

Day/Time: Online Education
Instructor: Nancy Jacobson M.S.S
Office Location: N/A
Office Hours: 7-8 AM or by appointment

Location: NET
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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.

DELIVERY METHOD:

This course is delivered online using an asynchronous (not “real time”) format via the Blackboard learning management system (LMS) housed in the [MyMason portal](#). Students will log in to the Blackboard course site using the Mason email name (everything before “@masonlive.gmu.edu) and email password. The course site will be available on the first day of class at 8:00am.

TECHNICAL REQUIREMENTS:

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

- High-speed Internet access with a standard up-to-date browser (either Internet Explorer or Mozilla Firefox).
- Consistent and reliable access to 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:
 - 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/

EXPECTATIONS:

- Course Week: Because online courses do not have a “fixed” meeting day, the academic week starts on Monday and finishes the following Sunday at 11:59pm. Some assignments are due mid week.
- Log-in Frequency: Students must actively check the course Blackboard site and their

GMU email for communications from the instructor. Please check daily (M-F) during the academic session.

- Participation: Students are expected to actively engage in all course activities throughout the semester, including viewing of all course materials, completing course activities and assignments, and participating in course discussions and group interactions.
- Technical Competence: 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.
- Technical Issues: Students should expect that they may experience some technical difficulties at some point in the semester and should, therefore, budget their time and submission of assignments accordingly. Late work will not be accepted based on individual technical issues.
- Workload: Expect to log in to the course daily 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 CLASS SCHEDULE section of the syllabus and in the DUE DATES document found on Blackboard to which students 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: Students who would like a one-on-one meeting to discuss course requirements, content or other course-related issues, and who are unable to come to the Mason campus, can schedule a meeting via telephone or web conference. Contact the instructor to schedule a one-on-one session and include preferred meeting methods and suggested dates/times.

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 wellbeing
 - b. Fitness
 - c. Nutrition/weight management
 - d. Family/social wellness
 - e. Alcohol, tobacco and substance abuse
 - f. Infectious/chronic disease
 - g. Consumerism and health care utilization
 - h. Safety
 - i. Human growth and development
 - 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

Textbook-Hales, D. (2015). *An Invitation to Health (16th edition)*. Belmont, CA: Wadsworth Cengage Learning.

EVALUATION

Assignments must be submitted by the due date. Late work is not accepted.

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

Quizzes and Assignments—100 points

Discussion Boards —25 points

Personal Change Plan (PCP) —75 points

Exam 1—50 points

Exam 2—50 points

Exam 3—50 points

TOTAL—150 points

Quizzes and Assignments

The quizzes are designed to assist you in mastering the concepts in the readings. The assignments are designed to introduce you to additional health resources and help you apply the concepts.

Quizzes-70 points

Assignments-125 points

Discussion Boards

A topic will be posted by the instructor for you to post 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.

Discussion board -19 points

Personal Change Plan (PCP)

A Contract, Midpoint Progress Report and Final Report are required for this semester project.

Public Service Announcement

A presentation will be created and posted to the discussion board on a topic. Students will also post responses to classmates presentations.

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

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

Week	Topics	Assignments
1 5/16-22	<i>Your Invitation to a Healthy Future, Your Psychological and Spiritual Well Being, Caring for yourself and Personal Stress Management</i>	<i>PCP Part 1</i>
2 5/23-29	<i>Social Health, Personal Nutrition, Managing Your Weight, The Joy of Fitness</i>	<i>Exam 1</i>
3 5/30-6/5	<i>Personal Sexuality, Reproductive Choices Lowering Your Risk of Sexually Transmitted Diseases, Addictions</i>	<i>PCP part 2</i>
4 6/6-12	<i>Alcohol, Tobacco, Preventing Major Disease and Infectious Illnesses</i>	<i>PSA, Exam 2</i>
5 6/13-18	<i>Traditional and Nontraditional are, Personal Safety, A Healthier Environment and Living a Lifetime of Health</i>	<i>PCP Part 3, Exam 3</i>

TK20 PERFORMANCE-BASED ASSESSMENT SUBMISSION REQUIREMENT

Every student registered for any course with a required performance-based assessment is required to submit this assessment, to Tk20 through Blackboard (regardless of whether the student is taking the course as an elective, a onetime course or as part of an undergraduate minor). Evaluation of the performance-based assessment by the course instructor will also be completed in Tk20 through Blackboard. Failure to submit the assessment to Tk20 (through Blackboard) will result in the course instructor reporting the course grade as Incomplete (IN). Unless the IN grade is changed upon completion of the required Tk20 submission, the IN will convert to an F nine weeks into the following semester.

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/>].
 - The Office of Student Support staff helps students negotiate life situations by connecting them with appropriate campus and off-campus resources. Students in need of these services may contact the office by phone (703-993-5376). Concerned students, faculty and staff may also make a referral to express concern for the safety or well-being of a Mason student or the community (<http://studentsupport.gmu.edu/>) and the staff will follow up with the student.

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.