

George Mason University
College of Education and Human Development
Health (HEAL)

HEAL 110 (DL3) - Personal Health
3 Credits, Fall 2016
Online Education

Faculty

Name: Dr. Kelly Morgan
Office hours: By Appointment
Office location: Nguyen Engineering Building
Office phone: 703-585-3373 (texts welcome)
Email address: kvanders@gmu.edu

Prerequisites/Corequisites

None

University Catalog 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 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 user name (everything before “@masonlive.gmu.edu”) and email password. The course site will be available on the first day of classes.

Technical Requirements

- To participate in this course, students will need to satisfy the following technical requirements:
 - High-speed Internet access with a standard up-to-date browser, either Internet Explorer or Mozilla Firefox, is required (note: Opera and Safari are not compatible with Blackboard).
 - Students must maintain 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 course requirements.

Expectations

- **Course Week:** Because asynchronous courses do not have a “fixed” meeting day, our week will **start on Mondays and finish on Sundays at 11:59pm.**
- **Log-in Frequency:** You must actively check the course Blackboard site and your GMU email for communications from me, class discussions, and access to course materials at least 3 times per week. I will post announcements weekly on Blackboard.
- **Participation:** You are expected to actively engage in all course activities throughout the semester, which includes viewing of all course materials, completing course activities, quizzes, exams, and assignments, and participating in discussions and group interactions.
- **Technical Competence:** You are expected to demonstrate competence in the use of all course technology. If you are struggling with technical components of the course, you are expected to seek assistance from me or University technical services.
- **Technical Issues:** You should anticipate some technical difficulties during the semester and should, therefore, budget your time accordingly. **Late work will not be accepted based on individual technical issues.**
- **Workload:** Please be aware that **this course is not self-paced.** There are *specific deadlines* and *due dates* listed in the **Class Schedule** section of this syllabus. It is your responsibility to keep track of the weekly course schedule of topics, readings, activities, and assignments due. *****No late work will be accepted, no exceptions. It is your responsibility to keep up in this course and to use the syllabus provided.**
- **Instructor Support:** You may schedule a one-on-one meeting to discuss course requirements, content, or other content or course-related issues. If you are unable to come to the Fairfax campus, we can meet by phone. Send me an email to schedule your one-on-one session and include your preferred meeting method and suggested dates/times. I am always willing to advise you on other academic or health topics as well.
- **Netiquette:** The course environment is a collaborative space. Experience shows that even an innocent remark typed in the online environment can be misconstrued. You must always re-read your responses carefully before posting them, so as others do not consider them as personal offenses. *Be positive in your approach with others and diplomatic in selecting your words.* Remember that you are not competing with your classmates, but sharing information and learning from others. All faculty are similarly expected to be respectful in all communications.
- **Accommodations:** Online learners who require effective accommodations to insure accessibility must be registered with George Mason University Disability Services.

Learner Outcomes or 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.

Professional Standards

Not Applicable

Required Texts

Hales, D. (2016). *An Invitation to Health: The Power of Now (17th edition)*. Belmont, CA: Wadsworth Cengage Learning. (ISBN 978-1-305-63800-6)

Articles and websites – found under Readings folder

Course Performance Evaluation

Students are expected to submit all assignment on time through Blackboard.

This course will be graded on a point system, with a total of 721 possible points.

- Chapter/Readings Quizzes—200 points total (10 points each)
- Discussion Board Posts—71 points total (10 points each, 1 point for Introductions)
- Assignments—100 points total (25 points each)
- Health Change Plan (HCP) parts 1-5 —200 points total (40 points per part)
- Exam 1—50 points
- Exam 2—50 points
- Exam 3—50 points

Assignment and Examinations

Chapter Quizzes

The quizzes are designed to assist you in mastering the concepts in the readings and slides. These quizzes are due weekly, and they are open-book. Quizzes may only be taken once each, but they are not timed.

Discussion Board Posts

Over the semester, you will have assigned topics for you to post your response on the discussion board as well as comments and questions to your classmates' responses. The topics will be listed on the discussion board. The discussions will be graded based on your knowledge and understanding of the readings and your ability to relate the concepts to everyday experiences. Grading criteria and additional due dates (when applicable) will be listed on the discussion board.

Assignments

You will have multiple assignments that will further your thinking about and application of the topics. The assignments will be listed on the assignment submission links. The grading criteria for each assignment will be included in both locations.

Health Change Plan

The Health Change Plan assignment is your major project for the term. Many of the past students in this class have made big, exciting health changes through this project, so get excited about something you've wanted to do! The Health Change Plan is broken into 5 parts:

(1) You will complete a health assessment to determine areas where change is most needed and desired and you will select your goal(s)

- (2) You will provide a progress report on your changes including any difficulties or needs for assistance or other resources
- (3) You will continue to execute your plan and for this assignment, you will report on your progress at this midway point
- (4) You will provide a second progress report on your changes, again including any challenges (current or ones you've overcome) and needs for help or resources
- (5) You will give a final report on your success and brag about your hard work and accomplishments

Further assignment details can be found on Blackboard under Assignments.

Exams

Your exams are only on your Hales textbook chapter readings. Each exam is open-book and will consist of 50 multiple-choice questions. Exams may only be taken once each and they are timed.

Exam 1—Chapters 1-7

Exam 2—Chapters 8-14

Exam 3—Chapters 15-20

Grading Policies

Your grades will be listed in the Grade Center on Blackboard. Often, when I grade your assignments, I will include comments that you can find in the Grade Center as well. Your current letter grade will always be available to you.

Course performance evaluation 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
		B-	80-83	C-	70-73		

Professional Dispositions

You are expected to exhibit professional behaviors and disciplines 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.

GMU Policies and Resources for Students

Policies

- Students must adhere to the guidelines of the University Honor Code (See <http://oai.gmu.edu/the-mason-honor-code/>)
- 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 Mason 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 with disabilities who seek accommodations in a course must be registered with the George Mason University Office of Disability Services. Approved accommodations will begin at the time the written letter from Disability Services is received by the instructor (See <http://ods.gmu.edu/>).
- Students must follow the university policy stating that all sound emitting devices shall be silenced during class unless otherwise authorized by the instructor.

Campus Resources

- Support for the submission of assignments to Tk20 should be directed to tk20help@gmu.edu or <https://cehd.gmu.edu/api/tk20>. Questions or concerns regarding use of Blackboard should be directed to <http://coursesupport.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 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 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 by going to <http://studentsupport.gmu.edu>, and the OSS staff will follow up with the student.

For additional information on the College of Education and Human Development, please visit our website <http://cehd.gmu.edu>.

Class Schedule

Faculty reserves the right to alter the course schedule as necessary, with notification to students.

WEEK	TOPICS	THINGS THAT ARE DUE
1 (8/29-9/4)	The Power of Now	<p><i>FYI: Exam 1 and all quizzes open</i> Due Sunday, 9/4 at 11:59pm: Reading:</p> <ul style="list-style-type: none"> • Course Orientation PowerPoint on the Course Welcome tab • The syllabus on the Syllabus and Documents tab - you will be held to the expectations on the syllabus • Chapter 1 • Chapter 1 slides (PowerPoints folder) <p>Assignment:</p> <ul style="list-style-type: none"> • Discussion – Introductions (Discussion Board folder)
2 (9/5-9/11)	Your Psychological and Spiritual Well-Being	<p>Due Sunday, 9/11 at 11:59pm: Reading:</p> <ul style="list-style-type: none"> • Chapter 2 • Chapter 2 slides • Seligman <i>Positive Psychology</i> (Readings folder) • Peterson, <i>What is Positive Psychology</i> (Readings folder) <p>Video:</p> <ul style="list-style-type: none"> • <i>How to be Happy! Positive Psychology in Action</i> (Videos folder) <p>Assignments:</p> <ul style="list-style-type: none"> • Quiz - Chapter 2 • Discussion - Health Behavior

WEEK	TOPICS	THINGS THAT ARE DUE
3 (9/12-9/18)	Caring for Your Mind	<p>Due Sunday, 9/18 at 11:59pm:</p> <p>Reading:</p> <ul style="list-style-type: none"> • Chapter 3 • Chapter 3 slides • Suttie, <i>My Trouble with Mindfulness</i> • Video - <i>23 and ½ Hours</i> <p>Assignments:</p> <ul style="list-style-type: none"> • Quiz - Chapter 3 • HCP Part 1 (Submit in Assignments folder)
4 (9/19-9/25)	Personal Stress Management	<p>Due Sunday, 9/25 at 11:59pm:</p> <p>Reading:</p> <ul style="list-style-type: none"> • Chapter 4 • Chapter 4 slides; • ASC, <i>Stress Management</i> • Houghton, <i>Effective Stress Management</i> <p>Assignment:</p> <ul style="list-style-type: none"> • Stress Management Techniques (submit in Assignments folder)
5 (9/26-10/2)	Your Social Health	<p>Due Sunday, 10/2 at 11:59pm:</p> <p>Reading:</p> <p>Chapter 5</p> <ul style="list-style-type: none"> • Chapter 5 slides • Broman, <i>Social Relationships and Health-Related Behavior</i> • Video - <i>Think b4 u Post</i> <p>Assignments:</p> <ul style="list-style-type: none"> • Quiz - Chapter 5 • Discussion - Social Health

WEEK	TOPICS	THINGS THAT ARE DUE
6 (10/3-10/9)	Personal Nutrition	<p>Due Sunday, 10/9 at 11:59pm:</p> <p>Reading:</p> <ul style="list-style-type: none"> • Chapter 6 • Chapter 6 slides • <i>My Plate on Campus Toolkit</i> • Video - <i>Basic Nutrition</i> <p>Assignments:</p> <ul style="list-style-type: none"> • Quiz - Chapter 6 • Food journal
7 (10/10-10/16)	Managing Your Weight	<p>Due Sunday, 10/16 at 11:59pm:</p> <p>Reading:</p> <ul style="list-style-type: none"> • Chapter 7 • Chapter 7 slides • Mayo Clinic, <i>Weight Loss Basics</i> • NIH, <i>Weight Loss and Nutrition Myths</i> • Video - <i>Nutrition and Weight Management</i> <p>Assignments:</p> <ul style="list-style-type: none"> • Quiz - Chapter 7 • Exam 1 (Exams folder) • HCP Part 2 – Progress
8 (10/17-10/23)	The Joy of Fitness	<p><i>FYI: Exam 2 opens</i></p> <p>Due Sunday, 10/23 at 11:59pm:</p> <p>Reading:</p> <ul style="list-style-type: none"> • Chapter 8 • Chapter 8 slides • <i>Physical Activity Guidelines for Americans</i> <p>Assignments:</p> <ul style="list-style-type: none"> • Quiz - Chapter 8 • Discussion - Lifetime Activities

WEEK	TOPICS	THINGS THAT ARE DUE
<p>9 (10/24-10/30)</p>	<p>Personal Sexuality & Reproductive Choices</p>	<p>Due Sunday, 10/30 at 11:59pm: Reading: <ul style="list-style-type: none"> • Chapter 9 • Chapter 10 • Chapters 9 & 10 slides • <i>Protecting Your Fertility</i> • <i>An Overview on Healthy Sexuality and Sexual Violence Prevention</i> Assignments: <ul style="list-style-type: none"> • Quiz - Chapters 9 & 10 • HCP Part 3 - Midpoint </p>
<p>10 (10/31-11/6)</p>	<p>Lowering Your Risk of Sexually Transmitted Infections & Addictions</p>	<p>Due Sunday, 11/6 at 11:59pm: Reading: <ul style="list-style-type: none"> • Chapters 11 • Chapter 12 • Chapters 11 and 12 slides • <i>Understanding Different Forms of Addiction</i> • Video - <i>STIs: Facts and Fiction</i> Assignments: <ul style="list-style-type: none"> • Quiz - Chapters 11 & 12 • Discussion - HCP 3 - Midpoint </p>
<p>11 (11/7-11/13)</p>	<p>Alcohol & Tobacco</p>	<p>Due Sunday, 11/13 at 11:59pm: Reading: <ul style="list-style-type: none"> • Chapter 13 • Chapter 14 • Chapters 13 & 14 slides • <i>Alcohol's Effects on the Body</i> • Video - <i>Tobacco: Risks, Laws & Habits</i> Assignments: <ul style="list-style-type: none"> • Quiz - Chapters 13 & 14 • Exam 2 </p>

WEEK	TOPICS	THINGS THAT ARE DUE
12 (11/14-11/20)	Major Disease & Infectious Illnesses	<p><i>FYI: Exam 3 opens</i></p> <p>Due Sunday, 11/20 at 11:59pm:</p> <p>Reading:</p> <ul style="list-style-type: none"> • Chapter 15 • Chapter 16 • Chapters 15 & 16 slides • Mayo Clinic, <i>Infectious Diseases</i> <p>Assignments:</p> <ul style="list-style-type: none"> • Quiz - Chapters 15 & 16 • Major Disease
11/21-11/27	Thanksgiving Break	<i>Eat, watch football, have fun</i>
13 (11/28-12/4)	Consumer Health & Personal Safety	<p>Due Sunday, 12/4 at 11:59pm:</p> <p>Reading:</p> <ul style="list-style-type: none"> • Chapter 17 • Chapter 18 • Chapters 17 & 18 • <i>9 Great Health Articles Worth Reading Again</i> <p>Assignments:</p> <ul style="list-style-type: none"> • Quiz - Chapters 17 & 18 • Discussion - Consumer Health • HCP Part 4 – Progress
14 (12/5-12/11)	A Healthier Environment & A Lifetime of Health	<p>Due Sunday, 12/11 at 11:59pm:</p> <p>Reading:</p> <ul style="list-style-type: none"> • Chapter 19 • Chapter 20 • Chapter 19 & 20 slides • WHO, Ambient Air Quality and Health • WHO, Drinking Water and Health <p>Assignments:</p> <ul style="list-style-type: none"> • Quiz: Chapters 19 & 20 • Environmental Health • Discussion - Apps for Lifetime Health

WEEK	TOPICS	THINGS THAT ARE DUE
15 (12/12-12/18)	Finals Period	Due Sunday, 12/18 at 11:59pm: Assignments <ul style="list-style-type: none"> HCP Part 5 – Final Report Exam 3

Rubrics

Discussions

Name	Apps for Lifetime Health Discussion		
Description	For the discussion this week, please share the best health app or website you have found. You do not all have to share a different one but if someone has already shared the one that you also like, please tell us something new. Here is the breakdown of the points: Tell us the name of your favorite health app/website (1 point) Give a brief description (5 points) Is it free or if not, how much does it cost? (1 point) Have you used it and if so, how? (3 point) You are not required to post replies to your classmates' posts, but hopefully you will want to read them all because you may discover a new app or website that will be useful to you.		
Rubric Detail	Levels of Achievement		
Criteria	Novice	Competent	Proficient
Tell us the name of your favorite health app/website	0 Points Did not post website/app	0 Points N/A	1 Points Posted website/app
Give a brief description	0 Points Unsatisfactory level of response.	0 Points Mostly complete response to question. May be missing some elements or not be well thought out.	5 Points Complete and thoughtful response to all question elements.
Is it free or if not, how much does it cost?	0 Points Did not post price	0 Points N/A	1 Points Posted price
Have you used it and if so, how?	0 Points Unsatisfactory level of response.	0 Points Mostly complete response to question. May be missing some elements or not be well thought out.	3 Points Complete and thoughtful response to all question elements.

Name	Consumer Health Discussion		
Description	For the discussion this week, we will be discussing the best approach(es) for being a savvy patient. You may participate in this discussion in a variety of ways – pick one: Tell us about a time you prepared before a doctor visit to ensure that you got your questions answered and the care you needed. Tell us about a time you did not get what you needed/wanted from your doctor. How would you advise a friend or family member to get the most out of a doctor's appointment?		
Rubric Detail	Levels of Achievement		
Criteria	Novice	Competent	Proficient
Chosen question to respond to Weight 100.00%	0 % Unsatisfactory level of response.	50 % Mostly complete response to question. May be missing some elements or not be well thought out.	100 % Complete and thoughtful response to all question elements.

Name HCP Part 3 (Midpoint) Discussion

Description Please post your PowerPoint (attach it to the post). Title your post so we know the topic of your report (e.g., No More Caffeine, Eating Healthier, etc.). Look at ALL the reports posted and comment on 4 different students' reports. These comments should be words of encouragement, relating the report to a similar experience with words of encouragement, or asking a question. It is valuable to see other midpoint reports because we learn from each other. If someone asks you a question, please answer it. This discussion board is worth 10 points and here is the breakdown of points: Posting your midpoint progress report by Friday, 11/4 by 11:59pm—5 point; Positive comments and/or questions to 4 other students—4 points; Answering ALL questions asked to you—1 point.

Rubric Detail

Criteria	Levels of Achievement				
	Novice	Competent	Proficient	Other	New Column5
Posting your midpoint progress report by the due date	0 Points No response posted	0 Points Posted after due date	5 Points Posted by due date	0 Points N/A	0 Points N/A
Positive comments and/or questions to 4 other students	0 Points No responses to students	1 Points Responded to 1 student	2 Points Responded to 2 students	3 Points Responded to 3 students	4 Points Responded to 4 students
Answering ALL questions asked to you	0 Points Did not answer questions	0.5 Points Answered some questions	1 Points Answered ALL questions	0 Points N/A	0 Points N/A

Name Lifetime Activities Discussion

Description See the Lifetime Activities Discussion assignment under Assignments for more information. Please post your initial response by Friday, 10/21 at 11:59 pm. You are required to reply to 2 posts, just as if we were having a discussion. If you are asked a question, please reply. If you do not know the answer and cannot find it, open it up to the class to see if someone else may know the answer. This discussion board closes on Sunday, 10/23, at 11:59 pm. This discussion is worth 10 points. Guidelines for your Post: • State a brief description of your activity • Physical benefits • Social/Emotional benefits • Safety issues or disadvantages • Physical restrictions—can you do this throughout your lifetime? • Other important information (i.e., cost, equipment, facility needed, etc.) • The source (website) of your information in case we want to know more.

Rubric Detail

Criteria	Levels of Achievement		
	Novice	Competent	Proficient
Post initial response by due date Weight 50.00%	0 % No response posted.	0 % Response posted after due date.	100 % Initial response posted by due date.
Responding to TWO other students Weight 50.00%	0 % No response to other students.	50 % Responded to one student.	100 % Responded to two students.

Name Health Behavior Discussion

Description This week we will have a discussion on health behavior. This is to prepare you for your Health Change Plan assignment. Answer the following and post your response. Please post your initial response by Friday, 9/9 at 11:59 pm. What health behavior(s) do you think you need to change? Why? Have you tried to change in the past? This discussion closes on Sunday, 9/11 at 11:59 pm and is worth 10 points. Post initial response by 9/9 (5 points) Response to TWO other students by 9/11 (5 points)

Rubric Detail

Criteria	Levels of Achievement		
	Novice	Competent	Proficient
Post initial response by due date Weight 50.00%	0 % No response posted.	0 % Response posted after due date.	100 % Initial response posted by due date.
Response to TWO other students Weight 50.00%	0 % No response to other students.	50 % Responded to one student.	100 % Responded to two students.

Name	Social Health Discussion
Description	Choose ONE of the following to answer and post your response. Please post your initial response by Friday, 9/30 at 11:59 pm. You are required to reply to TWO other students' posts. Check the discussion board daily to answer questions. This discussion closes on Sunday, 10/2 at 11:59 pm. This discussion is worth 10 points. Posting by Friday, 9/30 (5 points) Responding to TWO other students by Sunday, 10/2 (5 points) 1. How has social networking affected the way people communicate? Discuss the pros and cons of social networking in your own life. 2. What are your personal criteria for a successful relationship? List 3 factors you consider important for a successful relationship and support your choices with examples or experiences from your own life.

Criteria	Levels of Achievement		
	Novice	Competent	Proficient
Posted by due date Weight 50.00%	0 % No response posted.	0 % Response posted after due date.	100 % Initial response posted by due date.
Responding to TWO other students Weight 50.00%	0 % No response to other students.	50 % Responded to one student.	100 % Responded to two students.

Assignments

Name	Major Disease
Description	Select a major disease from Chapter 15 and complete the following: Name and define the disease (5 point) Give a brief description of the symptoms (5 points) Can this disease be treated? How? Can it be cured? (5 point) How can one prevent this disease? (10 point)

Criteria	Levels of Achievement		
	Novice	Competent	Proficient
• Name and define the disease. Weight 20.00%	0 % Unsatisfactory level of response.	50 % Mostly complete response to question. May be missing some elements or not be well thought out.	100 % Complete and thoughtful response to all question elements.
• Give a brief description of the symptoms Weight 20.00%	0 % Unsatisfactory level of response.	50 % Mostly complete response to question. May be missing some elements or not be well thought out.	100 % Complete and thoughtful response to all question elements.
• Can this disease be treated? How? Can it be cured? Weight 20.00%	0 % Unsatisfactory level of response.	50 % Mostly complete response to question. May be missing some elements or not be well thought out.	100 % Complete and thoughtful response to all question elements.
• How can one prevent this disease? Weight 40.00%	0 % Unsatisfactory level of response.	50 % Mostly complete response to question. May be missing some elements or not be well thought out.	100 % Complete and thoughtful response to all question elements.

Name **Food Journal**

Description This week, you will keep a food journal of everything you eat or drink, from Monday-Sunday. You may format this as you like, but you must include the following for each entry (15 points): Food/drink consumed Amount consumed Hunger level, 1-10 (1 being not hungry at all, and 10 being ravenous)

Rubric Detail

Criteria	Levels of Achievement		
	Novice	Competent	Proficient
1. Did recording your food/drink change how you ate/drank? Weight 50.00%	0 % Unsatisfactory level of response.	50 % Mostly complete response to question. May be missing some elements or not be well thought	100 % Complete and thoughtful response to all question elements.
2. Did you notice any trends in your diet? Weight 50.00%	0 % Unsatisfactory level of response.	50 % Mostly complete response to question. May be missing some elements or not be well thought	100 % Complete and thoughtful response to all question elements.

Name **Environmental Health**

Description Using Chapter 19, discuss the following: How can the environment affect your health? (8 point) What do you feel is the biggest environmental threat to health? Why? (9 points) How can you reduce your exposure to this threat? (8 point)

Rubric Detail

Criteria	Levels of Achievement		
	Novice	Competent	Proficient
• How can you reduce your exposure to this threat? Weight 33.00%	0 % Unsatisfactory level of response.	50 % Mostly complete response to question. May be missing some elements or not be well thought out.	100 % Complete and thoughtful response to all question elements.
• What do you feel is the biggest environmental threat to health? Why? Weight 34.00%	0 % Unsatisfactory level of response.	50 % Mostly complete response to question. May be missing some elements or not be well thought out.	100 % Complete and thoughtful response to all question elements.
• How can the environment affect your health? Weight 33.00%	0 % Unsatisfactory level of response.	50 % Mostly complete response to question. May be missing some elements or not be well thought out.	100 % Complete and thoughtful response to all question elements.

Name Stress Management Techniques

Description Try at least 4 of the stress management techniques. Answer the following: Which relaxation techniques did you try? Which was your favorite relaxation technique? Why? Did this exercise help you to feel calmer/more relaxed? Is this relaxation method something you use or would use in your everyday life? During what situations would it be most helpful? Did you find any of the techniques to be similar? How? Which would best work for college students? Why? What stress relief resources does Mason provide for students? Are there other relaxation techniques that could be added to this activity?

Rubric Detail

Criteria	Levels of Achievement		
	Novice	Competent	Proficient
1. Which relaxation techniques did you try? Weight 20.00%	0 % Unsatisfactory level of response.	50 % Mostly complete response to question. May be missing some elements or not be well thought out.	100 % Complete and thoughtful response to all question elements.
2. Which was your favorite relaxation technique? Why? Did this exercise help you to feel calmer/more relaxed? Is this relaxation method something you use or would use in your everyday life? During what situations would it be most helpful? Weight 20.00%	0 % Unsatisfactory level of response.	50 % Mostly complete response to question. May be missing some elements or not be well thought out.	100 % Complete and thoughtful response to all question elements.
3. Did you find any of the techniques to be similar? How? Weight 20.00%	0 % Unsatisfactory level of response.	50 % Mostly complete response to question. May be missing some elements or not be well thought out.	100 % Complete and thoughtful response to all question elements.
4. Which would best work for college students? Why? What stress relief resources does Mason provide for students? Weight 20.00%	0 % Unsatisfactory level of response.	50 % Mostly complete response to question. May be missing some elements or not be well thought out.	100 % Complete and thoughtful response to all question elements.
5. Are there other relaxation techniques that could be added to this activity? Weight 20.00%	0 % Unsatisfactory level of response.	50 % Mostly complete response to question. May be missing some elements or not be well thought out.	100 % Complete and thoughtful response to all question elements.

Name HCP 1

Description Part 1: You will complete a health assessment to determine areas where change is most needed and desired, and you will select your goal(s) - see assignment

Rubric Detail

Criteria	Levels of Achievement		
	Novice	Competent	Proficient
Complete the self-survey at the end of the textbook chapter that most relates to your change, and discuss the results	0 Points Unsatisfactory level of response.	2.5 Points Mostly complete response to question. May be missing some elements or not be well thought out.	5 Points Complete and thoughtful response to all question elements.
State the healthy behavior you would like to work on this semester to improve your personal health. Include the following along with your health behavior selection	0 Points Unsatisfactory level of response.	5 Points Mostly complete response to question. May be missing some elements or not be well thought out.	10 Points Complete and thoughtful response to all question elements.
Concretely state your goal(s) for your health behavior change. You goal(s) must be "SMART" in nature	0 Points Unsatisfactory level of response.	7.5 Points Mostly complete response to question. May be missing some elements or not be well thought out.	15 Points Complete and thoughtful response to all question elements.
Determine how you will hold yourself accountable.	0 Points Unsatisfactory level of response.	2.5 Points Mostly complete response to question. May be missing some elements or not be well thought out.	5 Points Complete and thoughtful response to all question elements.
Provide the technical elements of your health change plan	0 Points Unsatisfactory level of response.	2.5 Points Mostly complete response to question. May be missing some elements or not be well thought out.	5 Points Complete and thoughtful response to all question elements.

Name HCP 2

Description In Part 2, you will provide a progress report on your changes, including any difficulties or needs for assistance or other resources.

Rubric Detail

Criteria	Levels of Achievement		
	Novice	Competent	Proficient
Restate your goals and methods for tracking them	0 Points Unsatisfactory level of response.	2.5 Points Mostly complete response to question. May be missing some elements or not be well thought out.	5 Points Complete and thoughtful response to all question elements.
Show the data you have been collecting so far	0 Points Unsatisfactory level of response.	5 Points Mostly complete response to question. May be missing some elements or not be well thought out.	10 Points Complete and thoughtful response to all question elements.
Compare your current results with your starting point	0 Points Unsatisfactory level of response.	5 Points Mostly complete response to question. May be missing some elements or not be well thought out.	10 Points Complete and thoughtful response to all question elements.
Describe your challenges and successes	0 Points Unsatisfactory level of response.	5 Points Mostly complete response to question. May be missing some elements or not be well thought out.	10 Points Complete and thoughtful response to all question elements.
Describe your needs for resources, information, or support	0 Points Unsatisfactory level of response.	2.5 Points Mostly complete response to question. May be missing some elements or not be well thought out.	5 Points Complete and thoughtful response to all question elements.

Name HCP 3

Description In Part 3, you will be reporting on your midpoint progress toward changing behavior and improving an area of wellness. These reports will be presented using PowerPoint and will be submitted through Blackboard for grading AND these same slides will be posted on the discussion board the following week. You will have the opportunity to ask questions and learn from your classmates.

Rubric Detail

Criteria	Levels of Achievement		
	Novice	Competent	Proficient
Restate your goals and methods for tracking them	0 Points Unsatisfactory level of response.	2.5 Points Mostly complete response to question. May be missing some elements or not be well thought out.	5 Points Complete and thoughtful response to all question elements.
Show the data you have been collecting during the semester	0 Points Unsatisfactory level of response.	5 Points Mostly complete response to question. May be missing some elements or not be well thought out.	10 Points Complete and thoughtful response to all question elements.
Compare your midpoint results with your starting point	0 Points Unsatisfactory level of response.	2.5 Points Mostly complete response to question. May be missing some elements or not be well thought out.	5 Points Complete and thoughtful response to all question elements.
Explain what the results mean to you	0 Points Unsatisfactory level of response.	5 Points Mostly complete response to question. May be missing some elements or not be well thought out.	10 Points Complete and thoughtful response to all question elements.
List contributing factors to success (for you)	0 Points Unsatisfactory level of response.	5 Points Mostly complete response to question. May be missing some elements or not be well thought out.	10 Points Complete and thoughtful response to all question elements.

Name HCP 4

Description In Part 4, you will provide a second progress report on your changes, including any difficulties or needs for assistance or other resources. This is the same format as Part 2.

Rubric Detail

Criteria	Levels of Achievement		
	Novice	Competent	Proficient
Restate your goals and methods for tracking them	0 Points Unsatisfactory level of response.	2.5 Points Mostly complete response to question. May be missing some elements or not be well thought out.	5 Points Complete and thoughtful response to all question elements.
Show the data you have been collecting so far	0 Points Unsatisfactory level of response.	5 Points Mostly complete response to question. May be missing some elements or not be well thought out.	10 Points Complete and thoughtful response to all question elements.
Compare your current results with your starting point and your midpoint	0 Points Unsatisfactory level of response.	2.5 Points Mostly complete response to question. May be missing some elements or not be well thought out.	5 Points Complete and thoughtful response to all question elements.
Describe your challenges and successes	0 Points Unsatisfactory level of response.	5 Points Mostly complete response to question. May be missing some elements or not be well thought out.	10 Points Complete and thoughtful response to all question elements.
Describe your needs for resources, information, or support	0 Points Unsatisfactory level of response.	5 Points Mostly complete response to question. May be missing some elements or not be well thought out.	10 Points Complete and thoughtful response to all question elements.

Name HCP 5

Description For Part 5 of the Health Change Plan, you will be reporting on your end-of-semester results of improving an area of your wellness. Like the midpoint reports, this report will be presented in PowerPoint.

Rubric Detail

Criteria	Levels of Achievement		
	Novice	Competent	Proficient
Restate your goals and methods for tracking them	0 Points Unsatisfactory level of response	1.25 Points Mostly complete response to question. May be missing some elements or not be well thought out.	2.5 Points Complete and thoughtful response to all question elements.
Show the data you have been collecting during the semester	0 Points Unsatisfactory level of response	5 Points Mostly complete response to question. May be missing some elements or not be well thought out.	10 Points Complete and thoughtful response to all question elements.
Compare your end-of-semester results with your midpoint results and starting point	0 Points Unsatisfactory level of response	2.5 Points Mostly complete response to question. May be missing some elements or not be well thought out.	5 Points Complete and thoughtful response to all question elements.
Explain what the results mean to you	0 Points Unsatisfactory level of response	5 Points Mostly complete response to question. May be missing some elements or not be well thought out.	10 Points Complete and thoughtful response to all question elements.
Highlight which strategies for change were more effective	0 Points Unsatisfactory level of response	5 Points Mostly complete response to question. May be missing some elements or not be well thought out.	10 Points Complete and thoughtful response to all question elements.
Provide advice for anyone who would like to undertake a health change project like the one you just completed	0 Points Unsatisfactory level of response	1.25 Points Mostly complete response to question. May be missing some elements or not be well thought out.	2.5 Points Complete and thoughtful response to all question elements.