

George Mason University
College of Education and Human Development
School of Recreation, Health, and Tourism

HEAL 110 (DL1) - Personal Health
3 Credits, Fall 2016
Online

Faculty

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Prerequisites/Corequisites

None

University Catalog Course Description

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.

Course Delivery Method

This course will be delivered online (76% or more) using an asynchronous 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 the first day of the semester.

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.
- The following software plug-ins for PCs and Macs, respectively, are available for free download:

Adobe Acrobat Reader: <https://get.adobe.com/reader/>

Windows Media Player: <https://windows.microsoft.com/en-us/windows/downloads/windows-media-player/>

Apple Quick Time Player: www.apple.com/quicktime/download/

Expectations

- Course Week: Because asynchronous courses do not have a "fixed" meeting day, our week will start on Monday, and finish on Monday.
- Log-in Frequency: Students must actively check the course Blackboard site and their GMU email for communications from the instructor, class discussions, and/or access to course materials at least 3 times per week.
- Participation: Students are expected to actively engage in all course activities throughout the semester, which includes viewing 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 who are struggling with technical components of the course are expected to seek assistance from the instructor and/or College or University technical services.
- Technical Issues: Students should anticipate some technical difficulties during the semester and should, therefore, budget their time accordingly. Late work will not be accepted based on individual technical issues.
- Workload: Please be aware that this course is **not** self-paced. Students are expected to meet *specific deadlines* and *due dates* listed in the **Class Schedule** section of this syllabus and the **Due Dates** document on the Blackboard course site. It is the student's responsibility to keep track of the weekly course schedule of topics, readings, activities and assignments due.
- Instructor Support: Students may schedule a one-on-one meeting to discuss course requirements, content or other course-related issues. Those unable to come to a Mason campus can meet with the instructor via telephone or web conference. Students should email the instructor to schedule a one-on-one session, including their preferred meeting method and suggested dates/times.
- Netiquette: The course environment is a collaborative space. Experience shows that even an innocent remark typed in the online environment can be misconstrued. Students must always re-read their 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 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

This course is designed to enable students to do the following:

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
 - 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
 5. Examine and discuss key facts, issues and problems related to personal health

Professional Standards

Upon completion of this course, students will have met the following professional standards:
Not Applicable

Required Text

Hales, D. (2017). *An Invitation to Health: The Power of Now* (17th edition). Boston, MA: Cengage Learning.

Course Performance Evaluation

Students are expected to submit all assignments on time through the Blackboard course site.

- **Assignments and Examinations**

- Quizzes and Assignments

- The quizzes are designed to assist in mastering the concepts in the readings. The assignments are designed to introduce additional health resources.

- Discussion Boards

- A topic will be posted by the instructor for your response as well as comments and questions to your classmates' responses. The discussions will be graded based on your knowledge and understanding of the readings and your ability to relate the concepts to everyday experiences.

- Personal Change Plan (PCP)

- This semester project consists of the Contract (Part 1), Midpoint Report (Part 2), and Final Report (Part 3).

- 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

- **Course Performance Evaluation Weighting**

- Quizzes and Assignments—100 points

- Discussion Boards—25 points

- Personal Change Plan (PCP)—75 points

- Exams—150 points

- **Grading Policies**

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

- Quizzes, Assignments, Discussion Boards, the Personal Change Plan, and Exams will NOT reopen after the due date and will NOT be accepted after the due date.

Grading Scale

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	

Professional Dispositions

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

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: <http://cehd.gmu.edu/values/>.

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
- 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 George Mason University 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 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://coursessupport.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 <https://cehd.gmu.edu/>.**

Class Schedule

WEEK	TOPICS	READINGS/ASSIGNMENTS
1 (8/29)	The Power of Now	Module 1/Discussion 1
2 (9/6)	Your Psychological and Spiritual Well-Being	Module 2/PCP Part 1
3 (9/12)	Caring for Your Mind	Module 3
4 (9/19)	Personal Stress Management	Module 4
5 (9/26)	Your Social Health	Module 5/Discussion 2
6 (10/3)	Personal Nutrition and Managing Your Weight	Module 6/Exam 1
7 (10/11)	The Joy of Fitness	Module 7/Discussion 3
8 (10/17)	Sexual Health	Module 8/PCP Part 2
9 (10/24)	Reproductive Choices and Lowering Your Risk of Sexually Transmitted Infections	Module 9/Discussion 4

10 (10/31)	Addictions and Alcohol	Module 10
11 (11/7)	Tobacco	Module 11/Exam 2
12 (11/14)	Major Diseases and Infectious Illnesses	Module 12
(11/21)	See Blackboard Weekly Schedule for Assignment	
13 11/28)	Consumer Health and Personal Safety	Module 13/PCP Part 3
14 (12/5)	A Healthier Environment and A Lifetime of Health	Module 14/Discussion 5
December 14-19		Exam 3

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

