

**George Mason University**  
**College of Education and Human Development**  
HEAL 110 A02--Personal Health  
3 Credits, Summer 2022  
Online  
(523-6/25)

**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 Blackboard Learning Management system (LMS) housed in the MyMason portal. You will log in to the Blackboard (Bb) 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.

**Under no circumstances, may candidates/students participate in online class sessions (either by phone or Internet) while operating motor vehicles. Further, as expected in a face-to-face class meeting, such online participation requires undivided attention to course content and communication.**

*Technical Requirements*

To participate in this course, students will need to satisfy the following technical requirements:

- High-speed Internet access with standard up-to-date browsers. To get a list of Blackboard's supported browsers see:  
[https://help.blackboard.com/Learn/Student/Getting\\_Started/Browser\\_Support#supported-browsers](https://help.blackboard.com/Learn/Student/Getting_Started/Browser_Support#supported-browsers)

To get a list of supported operation systems on different devices see:

[https://help.blackboard.com/Learn/Student/Getting\\_Started/Browser\\_Support#tested-devices-and-operating-systems](https://help.blackboard.com/Learn/Student/Getting_Started/Browser_Support#tested-devices-and-operating-systems)

- 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.
- The following software plug-ins for PCs and Macs, respectively, are available for free download: [Add or delete options, as desire.]
  - 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/](http://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 Sunday.**
- 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 Blackboard. 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 with 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 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 Texts

Hales, D. (2021). *An Invitation to Health: Taking Charge of Your Health* (19th edition). Boston, MA: Cengage.  
ISBN: 978-0-357-13679-9

Your textbook is part of Blackboard and is part of the fees paid to take this course. If you wish to opt out of the First Day program you must contact the bookstore immediately. If you opt out of First Day you will need to purchase the textbook on your own. You may rent or purchase the hard copy or electronic version of this text. We will cover all 20 chapters. The exams are based on the 19<sup>th</sup> edition

## Course Performance Evaluation

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

**Quizzes and Exams will NOT reopen and will NOT be accepted after the due date. Please keep a copy of the submission confirmation for all assignments, quizzes, and exams. This is your receipt that you completed the assignment, quiz, or exam. Grades will not be adjusted without a confirmation.**

- **Assignments and/or Examinations**
  - Assignments, discussion, quizzes, exams must be submitted by the due date. **Late work is not accepted** for credit. Assignments, discussions, quizzes, exams must be submitted to their proper location on Bb by the due date to receive credit. Assignments are not accepted through email.
  - **Late work is only accepted on an individual basis with professor approval.** All late work without prior notification and permission will be graded as zero.

### 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. It is expected students will read the text and convey their understanding of the material in their discussion responses.

### Personal Change Plan (PCP)

This semester project consists of the Contract and Final Report.

### Exams

Exam 1—Chapters 1-8            -40 questions

Exam 2—Chapters 9-12      -30 questions  
 Exam 3- Chapters 13        -40 questions

- **Grading**

Quizzes                              66 points  
 Assignments                        20 points  
 Discussion Boards                14 points  
 Personal Change Plan (PCP)    63 points  
 Exam 1                                40 points  
 Exam 2                                30 points  
 Exam 3                                40 points  
 TOTAL                                 273 points

Grading Scale by %

A =94-100                      B+ =88-89                      C+ = 78-79                      D = 60-69  
 A-=90-93                      B = 84-89                      C = 74-77                      F = 0-59  
    B-= 80-83                      C- = 70-73

**Professional Dispositions**

See <https://cehd.gmu.edu/students/policies-procedures/>

**Class Schedule**

WEEK	TOPICS	READINGS/ASSIGNMENT
1 5/23-5/29	Taking Charge of Your Health, Psychological and Spiritual Well-Being, Caring for Your Mind, and Stress Management	Read Chapters 1-4, Videos, Quizzes 1 and 2, Personal Change Plan Contract, Begin Stress Assignment
2 5/20-6/5	Personal Nutrition, Weight Management and the Obesity Epidemic, Physical Activity and Fitness, and Communicating and Connecting	Read Chapters 5-8, Videos, Discussion, Nutrition Assignment, Exam 1
3 6/6-6/12	Sexual Health, Reproductive Options, Sexually Transmitted Infections, and Major Diseases	Read Chapters 9-12, quizzes, Exam 2, Stress Assignment Due
4 6/13-6/19	Infectious Diseases, Consumer Health, Addictive Behaviors and Drugs, and Alcohol	Read Chapters 13-17, quizzes, TED talks,
5 6/20-6/25	Tobacco, Personal Safety, A Healthier Environment, and A Lifetime of Health	Chapters 18-20, Quiz, Final PCP Presentation, Discussion, Final Presentation Review

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

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

## **GMU Policies and Resources for Students**

### *Policies*

- Students must adhere to the guidelines of the Mason Honor Code (see <https://catalog.gmu.edu/policies/honor-code-system/> ).
- Students must follow the university policy for Responsible Use of Computing (see <https://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 George Mason University Disability Services. Approved accommodations will begin at the time the written letter from Disability Services is received by the instructor (see <https://ds.gmu.edu/>).
- Students must silence all sound emitting devices during class unless otherwise authorized by the instructor.

### *Campus Resources*

- Support for submission of assignments to VIA should be directed to [viahelp@gmu.edu](mailto:viahelp@gmu.edu) or <https://cehd.gmu.edu/aero/assessments>. Questions or concerns regarding use of Blackboard should be directed to <https://its.gmu.edu/knowledge-base/blackboard-instructional-technology-support-for-students/>.
- For information on student support resources on campus, see <https://ctfe.gmu.edu/teaching/student-support-resources-on-campus>

**Notice of mandatory reporting of sexual assault, sexual harassment, interpersonal violence, and stalking:**

As a faculty member, I am designated as a “Non-Confidential Employee,” and must report all disclosures of sexual assault, sexual harassment, interpersonal violence, and stalking to Mason’s Title IX Coordinator per [University Policy 1202](#). If you wish to speak with someone confidentially, please contact one of Mason’s confidential resources, such as [Student Support and Advocacy Center](#) (SSAC) at 703-380-1434 or [Counseling and Psychological Services](#) (CAPS) at 703-993-2380. You may also seek assistance or support measures from Mason’s Title IX Coordinator by calling 703-993-8730, or emailing [titleix@gmu.edu](mailto:titleix@gmu.edu).

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