

George Mason University
College of Education and Human Development
HEAL

HEAL 110 DL9 – Personal Health
3 Credits, Spring 2022
3/21-5/10 – Distance Learning

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 is delivered 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 8:00 a.m.

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 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.
- 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/

Expectations

- Course Week:
Because asynchronous courses do not have a “fixed” meeting day, our week will start on Monday, and finish the following Monday at 11:59 pm.
- Log-in Frequency:
Students must frequently check the course Blackboard site and their GMU email for communications from the instructor, class discussions, and/or access to course materials at least once per day (Mon.-Fri.). Announcements are posted regularly and students are encouraged to log in daily to stay up-to-date on information.
- Participation:
Students are expected to actively engage in all course activities throughout the course, 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.
*****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:
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
 - 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; and
5. Examine and discuss key facts, issues and problems related to personal health.

Professional Standards

Not Applicable

Required Texts

Hales, D. (2021). *An Invitation to Health: Taking Charge of Your Health* (19th edition). Boston, MA: Cengage Learning.

ISBN-13: 978-0357136799; ISBN-10: 0357136799

E-book: ISBN: 9780357136973

*** Please use this edition as the older versions vary greatly.**

Course Performance Evaluation

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

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.

- **Assignments and/or Examinations**

Quizzes and Assignments 85 points

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

Discussion Boards 15 points

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) 40 points

This semester project consists of the Personal Change Plan Contract (Part 1) and Personal Change Plan Final Report (Part 2).

Exams 150 points (50 points each)

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: There is a total of 290 possible points available in this class**

Quizzes and Assignments—85 points

Discussion Boards—15 points

Personal Change Plan (PCP)—40 points

Exams—150 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	=	272-290	B+	=	254-259	C+	=	225-230	D	=	173-201
A-	=	260-271	B	=	242-253	C	=	213-224	F	=	172 and below
			B-	=	231-241	C-	=	202-212			

Professional Dispositions

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

Class Schedule

WEEK	TOPICS	READINGS & MAJOR ASSIGNMENTS
1 (3/21-27)	Taking Charge of Your Health (Chpt.1), Psychological and Spiritual Well-being (Chpt. 2)	Module 1 Personal Change Plan Contract
2 (3/28-4/3)	Caring For Your Mind (Chpt. 3), Stress Management (Chpt. 4), Personal Nutrition (Chpt. 5), Weight Management and the Obesity Epidemic (Chpt. 6)	Module 2
3 (4/4-10)	Physical Activity and Fitness (Chpt. 7), Communicating and Connecting (Chpt. 8) , and Sexual Health (Chpt. 9)	Module 3 Exam 1
4 (4/11-17)	Reproductive Options (Chpt. 10) , Sexually Transmitted Infections (Chpt. 11), Major Diseases (Chpt. 12), and Infectious Diseases (Chpt. 13)	Module 4
5 (4/18-24)	Consumer Health (Chpt. 14) and Addictive Behavior and Drugs (Chpt. 15)	Module 5 Exam 2
6 (4/25-5/1)	Alcohol (Chpt. 16), Tobacco (Chpt. 17) , and Personal Safety (Chpt. 18), & Healthier Environment (Chpt. 19)	Module 6
7 (5/2-8)	A Lifetime of Health (Chpt. 20) Exam 3 – May 9 th & 10 th	Module 7 Personal Change Plan Report Exam 3

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 Tk20 should be directed to tk20help@gmu.edu or <https://cehd.gmu.edu/aero/tk20>. 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, interpersonal violence, and stalking:

As a faculty member, I am designated as a “Responsible Employee,” and must report all disclosures of sexual assault, 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 from Mason’s Title IX Coordinator by calling 703-993-8730, or emailing titleix@gmu.edu.

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

PLEASE MAKE SURE YOU READ THE BELOW IMPORTANT INFORMATION FROM THE COLLEGE OF EDUCATION AND HUMAN DEVELOPMENT

SAFE RETURN TO CAMPUS AND REMOTE LEARNING GUIDANCE FOR STUDENTS ENROLLED IN CEHD COURSES

Both a Safe Return to Campus and Successful Remote Learning Depend on YOU.

All students are required to take Safe Return to Campus Training prior to visiting campus: it is, however, recommended for all Mason students. Training is available in Blackboard.

Students are required to follow the university's public health and safety precautions and procedures outlined on the university Safe Return to Campus webpage.

All students in face to face and hybrid courses must also complete the Mason COVID Health Check daily, seven days a week.

You may not come to class if you receive a Yellow or Red email response to the Mason COVID Health Check.

You may only come to class if you receive a Green email response to the Mason COVID Health Check.

If you suspect that you are sick or have been directed to self-isolate, quarantine, or get testing do not go to class.

Faculty are allowed to ask you to show them that you have received a Green email and are thereby permitted to be in class.

Disability Services: Students unable to participate in a course in the manner presented, either due to existing disability or COVID comorbidity risk, should seek accommodations through the Office of Disability Services.

Campus Closure: If the campus closes or class is canceled due to weather or other concerns, students should check Blackboard, Mason email, or the Mason website for updates on how to continue learning and information about any changes to events or assignments.

Participation and Make-up Work: CEHD instructors will work with students to find reasonable opportunities to make up class work or assignments missed due to documented illness. Begin by contacting your instructor for guidance. For further assistance, students may contact their program and the CEHD Office of Student and Academic Affairs (cehdsaa@gmu.edu).

Technology Requirements:

Activities and assignments in CEHD courses regularly use the Blackboard learning system. Students are required to have regular, reliable access to a computer with an updated operating system (recommended: Windows 10 or Mac OSX 10.13 or higher) and a stable broadband Internet connection (cable modem, DSL, satellite broadband, etc., with a consistent 1.5 Mbps [megabits per second] download speed or higher).

Additionally, CEHD course activities and assignments may regularly use web-conferencing software (Blackboard Collaborate / Zoom). In addition to the requirements above, students are required to have a device with a functional webcam and microphone. In an emergency, students can connect through a telephone call, but video connection is the expected norm.

Course Materials and Student Privacy:

All course materials posted to Blackboard or other course site are private; by federal law, any materials that identify specific students (via their name, voice, or image) must not be shared with anyone not enrolled in this class.

Video recordings of class meetings that include audio or visual information from other students are private and must not be shared.

Live Video Conference Meetings (e.g. Collaborate or Zoom) that include audio or visual information from other students must be viewed privately and not shared with others in your household.

Some/All of your CEHD synchronous class meetings may be recorded by your instructor to provide necessary information for students in this class. Recordings will be stored on Blackboard [or another secure site] and will only be accessible to students taking this course during this semester.

Testing with LockDown Browser:

CEHD courses may require the use of LockDown Browser and a webcam for online exams. The webcam can be built into your computer (internal webcam) or can be the type of webcam that plugs in with a USB cable (external webcam). Information on installing and using LockDown Browser may be found [here](#).

You will need the following system requirements for online exams:

Windows: 10, 8, 7

Mac: OS X 10.10 or higher

iOS: 10.0+ (iPad only)

Must have a compatible LMS integration

Web camera (internal or external) & microphone

A reliable internet connection

Prior to your first exam, you must install LockDown Browser following the step-by-step instructions linked above.

To ensure LockDown Browser and the webcam are set up properly, do the following:

Start LockDown Browser, log into Blackboard and select your course.

Locate and select the Help Center button on the LockDown Browser toolbar.

Run the Webcam Check and, if necessary, resolve any issues or permissions your computer prompts.

Run the System & Network Check. If a problem is indicated, see if a solution is provided in the Knowledge Base. Further troubleshooting is available through the ITS Support Center.

Exit the Help Center and locate the practice quiz.

Upon completing and submitting the practice quiz, exit LockDown Browser.

When taking an online exam that requires LockDown Browser and a webcam, remember the following guidelines:

Ensure you're in a location where you won't be interrupted.

Turn off all other devices (e.g. tablets, phones, second computers) and place them outside of your reach. Clear your desk of all external materials not permitted — books, papers, phones, other devices.

Before starting the test, know how much time is available for it, and that you've allotted sufficient time to complete it.

Remain at your computer for the duration of the test. Make sure that your computer is plugged into a power source, or that battery is fully-charged.

If the computer or networking environment is different than what was used previously with the Webcam Check and System & Network Check in LockDown Browser, run the checks again prior to starting the test.

To produce a good webcam video, do the following:

Do not wear a baseball cap or hat with a brim that obscures your face.

Ensure your computer or tablet is on a firm surface (a desk or table). Do NOT have the computer on your lap, a bed, or any other surface where the device (or you) are likely to move.

If using a built-in (internal) webcam, avoid tilting the screen after the webcam setup is complete.

Take the exam in a well-lit room and avoid backlighting, such as sitting with your back to a window.

Remember that LockDown Browser will prevent you from accessing other websites or applications; you will be unable to exit the test until all questions are completed and submitted.