George Mason University
College of Education and Human Development
HEAL

HEAL 110-DL3 – Personal Health
3 Credits, Spring 2023
January 23, 2023 – May 10, 2023
Distance Learning

Faculty
Name: Don L. Jones, Ph.D.
Office Hours: By appointment
Office Location: Zoom
Email Address: djones31@gmu.edu

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 Monday, January 23, 2023.

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

  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

- 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 will need a headset microphone for use with the Blackboard Collaborate web conferencing tool.
- 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:
  - Adobe Acrobat Reader: https://get.adobe.com/reader/
  - Windows Media Player: https://support.microsoft.com/en-us/help/14209/get-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 at 8:00 AM and finish on the following Monday at 11:59 PM.
  Our course week will begin on the day that our synchronous meetings take place as indicated on the Schedule of Classes.
- 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 once each 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 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. 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;
5. Examine and discuss key facts, issues and problems related to personal health.

Professional Standards
Not Applicable

Required Texts

Textbook- Hales, D. (2021). *An invitation to health: Taking Charge of Your Health* (19th ed.). Stamford, CT: Cengage Learning

ISBN: 978-0-357-13679-9

The textbook is integrated into Blackboard for your convenience as part of the Cengage First Day program. If you choose not to use the First Day program, you will need to contact the bookstore right away. You are responsible to obtain a copy of the textbook. We will discuss all 20 chapters and the exams are based on the 19th edition.

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

Course Performance Evaluation

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

- **Assignments and/or 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

- **Grading**
  Quizzes and Assignments -
  100 points
  Discussion Boards—25
  points
  Personal Change Plan
  (PCP)—75 points
  Exams—150 points (50
  points each)

  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

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

Class Schedule

WEEK	TOPICS	Module/Textbook Chapters
1 (1/23)	Taking Charge of Your Health	Module 1 (Chapter 1)
2 (1/30)	Psychological and Spiritual Well-Being	Module 2 (Chapter 2)
3 (2/6)	Mental Health --- Caring for Your Mind	Module 3 (Chapter 3)
4 (2/13)	Stress Management	Module 4 (Chapter 4)

5 (2/20)	Personal Nutrition, Weight Management and Obesity	Module 5 (Chapters 5 & 6)
6 (2/27)	Physical Activity and Fitness	Module 6 (Chapter 7)
7 (3/6)	Communicating/Connecting and Sexual Health	Module 7 (Chapters 8 & 9)
3/13	SPRING BREAK!	**Enjoy your week** 😊
8 (3/20)	Reproductive Options & Sexually Transmitted Infections	Module 8 (Chapters 10 & 11)
9 (3/27)	Major Diseases and Infectious Diseases	Module 9 (Chapter 12 & 13)
10 (4/3)	Consumer Health	Module 10 (Chapter 14)
11 (4/10)	Addictive Behaviors and Drugs	Module 11 (Chapter 15)
12 (4/17)	Alcohol and Tobacco	Module 12 (Chapters 16 & 17)
13 (4/24)	Personal Safety and A Healthier Environment	Module 13 (Chapters 18 & 19)

14 (5/1)	A Lifetime of Health	Module 14 (Chapter 20)
15 (5/10)	Exam 3 and course wrap up	Module 15

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 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.

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

Mason is now partnered with TimelyMD to deliver TimelyCare – a new virtual mental health and well-being platform for students. The service provides 24/7 access to virtual care at no cost and augments the in-person and virtual mental health services that remain available to Mason students through Counseling and Psychological Services (CAPS) and Student Health Services (SHS).

How can students access TimelyCare?

Students can go to **timelycare.com/gmu** or directly download the TimelyCare app from the app store to register with their school email address. Students can then start visits from any web-enabled device – smartphone, tablet, laptop, or desktop – anywhere in the United States.

Who can use TimelyCare? Any enrolled Mason student.

What services are available?

• **Talk Now**: Unlimited on-demand mental health support 24/7, available to all Mason students throughout the world!

• **Health Coaching**: Unlimited access to health coaching, available to all Mason students throughout the world.

• **Scheduled counseling sessions**: Limited to 12 sessions per academic year, available to all Mason students throughout the United States. Students can choose the day, time, and mental health provider of their choice.

• **Psychiatry sessions**: Available to all Mason students throughout the United States by referral from CAPS, Student Health Services, or a TimelyCare counselor.

• **Self-Care Content**: Yoga and meditation sessions and group conversations

How much does a TimelyCare visit cost?

TimelyCare services are available at no cost to students.