

**George Mason University**  
**College of Education and Human Development**  
**HEAL**

HEAL 110 DL5 Personal Health  
3 credit hours, Fall 2023

**8/21-12/13**

Distance Learning

**Faculty**

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**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 a 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 **August 21, 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](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-andoperating-systems](https://help.blackboard.com/Learn/Student/Getting_Started/Browser_Support#tested-devices-andoperating-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://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 Wednesday, and finish on Tuesday at 11:59pm.
- Log-in Frequency: Students must actively check the course Blackboard site and their GMU email for communications from the instructor and/or access to course materials at least once per week.
- Participation: Students are expected to actively engage in all course activities throughout the term, which includes viewing all course materials and completing course activities and assignments.
- 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 term 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. Meetings with the instructor will take place 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 ensure accessibility must be registered with George Mason University Disability Services.

## **Learner 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)*. Cengage Learning.

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

E-book: ISBN: 9780357136973

\* You must use the 19<sup>th</sup> edition of the book.

## **Course Performance Evaluation**

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

## **Assignments and Examinations**

- **Quizzes (170 points)** For each assigned chapter you will need to complete a 10 question quiz. You will have 10 minutes to complete each quiz. You may use textbook and notes. You may not use other resources, including other people. 20 quizzes will be assigned, and your best 17 quizzes will be used to calculate your final grade. Even though the quiz is open book/open notes, you must read and understand the material before taking the quiz. The 10 minute time limit is enough time to look up a few questions you may be unsure of, but not enough time to take the quiz without reading and understanding the material.
- **Exams (75 points)** There will be three exams worth 25 points each. Each exam will consist of 25 questions quiz. You will have 30 minutes to complete each exam. You may use textbook and notes. You may not use other resources, including other people. Even though the exams are open book/open notes, you must read and understand the material before taking the exam. The 30 minute time limit is enough time to look up a

few questions you may be unsure of, but not enough time to take the exam without reading and understanding the material.

- Exams will cover the chapters listed below
  - Exam 1: Chapters 1, 2, 3, 4, 14, 18, 19, 20
  - Exam 2: Chapters 5, 6, 7, 8, 12, 13
  - Exam 3: Chapters 9, 10, 11, 15, 16, 17

### **Personal change plan project (100 points)**

You will be completing a semester long personal change project. The project will consist of two parts.

If you do not complete Part 1, you will be ineligible to complete Part 2 and will receive a 0 on the entire project. You will also be ineligible to complete the Personal change project update.

### **Personal change plan update (10 points)**

If you complete Part 1 of the Personal Change Plan project then you will need to complete Part 2 at the end of the semester. More information on this can be found on Blackboard.

More information on the project can be found on Blackboard.

### **Student success assignment (10 points)**

More information on this can be found on Blackboard.

### **Discussion board (10 points)**

There will be one discussion board that you will need to post to twice. More information on this can be found on Blackboard.

### **Presentation reviews (25 points)**

You will have to evaluate other students' Personal change plan Part 2. More information on this can be found on Blackboard.

### **Other Requirements**

- Late Work Policy
  - Unless otherwise noted, all assigned work is due by 11:59 pm. After that it is considered late. No work will be accepted late. Deadlines and due dates are not negotiable.
- You may contact me by sending an email to [smilstei@gmu.edu](mailto:smilstei@gmu.edu) or through Blackboard. It may take up to 2 business days for me to reply to emails.
- If you are in the process of addressing an issue with me, then you are expected to return emails within 2 business days or the matter will be considered closed.
- If there is an emergency that prevents you from meeting a deadline, you will need to provide documentation within 1 week of the deadline to be considered for an extension.
- If there are questions about grading, students must speak to me within 1 week of the grade being made available.
- There is no extra credit. Grades will not be curved or rounded.
- Students are expected to be equal partners in the learning process.

## Grading

372	-	400	(93-100%)
360	-	371.9	(90 – 92.9%)
348	-	359.9	(87-89.9%)
332	-	347.9	(83 – 86.9)
320	-	331.9	(80 – 82.9%)
308	-	319.9	(77 – 79.9%)
292	-	307.9	(73 – 76.9%)
280	-	291.9	(70 – 72.9%)
240	-	279.9	(60-69.9%)
0	-	239.9	(0 – 59.9%)

Quizzes	170 points
Exams	75 points
Personal change plan project	100 points
Student success assignment	10 points
Discussion board	10 points
Personal change plan update	10 points
Presentation reviews	25 points
<b>Total</b>	<b>400 points</b>

## Professional Dispositions

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

## Class Schedule

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

Module	Topic	Assigned work	Due Dates (by 11:59 PM Eastern)
1	Taking Charge Of Your Health	<ul style="list-style-type: none"> <li>Chapter 1 quiz</li> <li>Discussion board</li> </ul>	August 29
2	Psychological And Spiritual Well-Being	<ul style="list-style-type: none"> <li>Chapter 2 quiz</li> <li>Student success assignment</li> </ul>	September 5

3	Caring For Your Mind Stress Management	<ul style="list-style-type: none"> <li>• Chapter 3 quiz</li> <li>• Chapter 4 quiz</li> </ul>	September 12
4	A Lifetime Of Health	<ul style="list-style-type: none"> <li>• Personal change plan project Part 1</li> <li>• Chapter 20 quiz</li> </ul>	September 19
5	Consumer Health Personal Safety	<ul style="list-style-type: none"> <li>• Chapter 14 quiz</li> <li>• Chapter 18 quiz</li> </ul>	September 26
6	A Healthier Environment	<ul style="list-style-type: none"> <li>• Chapter 19 quiz</li> <li>• Exam 1</li> </ul>	October 3
7	Personal Nutrition Weight Management And The Obesity Epidemic	<ul style="list-style-type: none"> <li>• Chapter 5 quiz</li> <li>• Chapter 6 quiz</li> </ul>	October 11
8	Physical Activity And Fitness	<ul style="list-style-type: none"> <li>• Chapter 7 quiz</li> <li>• Personal change plan update</li> </ul>	October 17
9	Major Diseases Infectious Diseases	<ul style="list-style-type: none"> <li>• Chapter 12 quiz</li> <li>• Chapter 13 quiz</li> </ul>	October 24
10	Communicating And Connecting	<ul style="list-style-type: none"> <li>• Chapter 8 quiz</li> <li>• Exam 2</li> </ul>	October 31
11	Sexual Health Reproductive Options	<ul style="list-style-type: none"> <li>• Chapter 9 quiz</li> <li>• Chapter 10 quiz</li> <li>•</li> </ul>	November 7
12	Sexually Transmitted Infections	<ul style="list-style-type: none"> <li>• Chapter 11 quiz</li> <li>• Personal change plan project Part 2</li> </ul>	November 14

13	Addictive Behaviors And Drugs	<ul style="list-style-type: none"> <li>• Chapter 15 quiz</li> <li>•</li> </ul>	November 21
14	Alcohol	<ul style="list-style-type: none"> <li>• Chapter 16 quiz</li> <li>• Presentation reviews</li> </ul>	December 5
15	Tobacco	<ul style="list-style-type: none"> <li>• Chapter 17 quiz</li> <li>• Exam 3</li> </ul>	December 12

### **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/> .**

Mason students now have FREE access to [TimelyCare](#) – a virtual mental health and well-being platform crafted specifically for college students!

With TimelyCare, Mason students will have access to a multitude of virtual mental health and well-being resources that are free and available 24/7. Find out more about the resources available online at [Timelycare.com/gmu](https://timelycare.com/gmu) or [Download the app](#)