

HEAL 110 DL 1 Personal Health

GEORGE MASON UNIVERSITY
College of Education and Human Development
HEAL

HEAL 110-DL 2 - Personal Health
(3 credits) Spring 2024
Distance Learning
1/16-5/5

Faculty

Instructor: Nancy Jacobson M.S.S
Office Hours: by appointment
Office Phone: Email, Zoom
Email: Njacobs5@gmu.edu

Prerequisites

None

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 online 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, 15 Jan. at 8:00am.

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:

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- 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, and finish on Sunday at 11:59pm.
- 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. 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. This includes exams and quizzes. Keep all submission confirmations for your records.**

- 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. **Late assignments are only accepted on an individual basis with prior professor approval.** *All late assignments without prior notification and permission will be graded as zero. Quizzes and exams are not accepted late for any reason. Once they close, they will not be reopened.*
- 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 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.

Learning 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 wellbeing
 - b. Fitness
 - c. Nutrition/weight management
 - d. Family/social wellness
 - e. Alcohol, tobacco and substance abuse
 - f. Infectious/chronic disease
 - g. Consumerism and health care utilization
 - h. Safety
 - i. Human growth and development
 - j. Environmental conservation

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

Professional Standards

Not applicable

Required Text

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.

Course Performance Evaluation

Students are expected to submit all assignments on time in the manner outlined by the instructor (e.g., Blackboard). All assignments, discussions, quizzes, and exams must be submitted to the proper location by the due date to receive credit.

Assignments and Examinations

Assignments, discussion, quizzes, exams must be submitted by the due date. **Late work is not accepted** for credit. **Late assignments are only accepted on an individual basis with prior professor approval.** All late work without prior notification and permission will be graded as zero. *Quizzes and exams will not be accepted late for any reason. Once quizzes and exams close, they will not reopen!*

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. Students are encouraged to keep all submission confirmations. Without the confirmation I can't help with you with submission errors to Blackboard.

This course will be graded on a point system, with a total of 344 possible points.

Exam 1—50 points – Chapters 1-7
Exam 2—50 points – Chapters 8-14
Exam 3—50 points – Chapters 15-20
Total Exam points—150 points

Quizzes, Assignments, Personal Change Plan

Quizzes- 13 quizzes = 13 @ 5 points each = 65 points

Assignments-45 points
Stress Management – 10 points

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- TED talks – 5 points
- Nutrition – 5 points
- Reflection Meme – 15 points
- Communication Slide – 10 points

Personal Change Plan (PCP)- 63 points

1. A Contract -25 points
2. PCP Midterm report – 8 points
3. Final Presentation– 30 points

Discussion Boards – 15 points

Discussions - A topic or activity will be posted by the instructor for you to post a response as well as comments and questions to your classmates' responses. The activity/topics/questions will be relevant to the readings. 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.

Students who require an adjustment to schedule and due dates for physical and mental health concerns will need to provide a written health care providers note on the health care provider's letter head detailing the adjustments to include dates. The note is required immediately. Notes can be scanned and emailed to the instructor. Diagnosis is not required nor recommended.

Total Points- 344

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/>

Course Schedule

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

Dates	Reading and Videos	Assignments	
Week 1 1/16- 1/21	Chapter 1: Taking Charge of Your Health Video: 23 and half hours of Change	Quiz Introduction Discussion	Due: 1/21 Post due: 1/19

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			Replies due: 1/21
Week 2 1/22-1/28	Chapter 2: Psychological and Spiritual Wellbeing Video: How to Be Happy	Quiz	Due: 1/28
Week 3 1/29-2/4	Chapter 3: Caring for Your Mind Video: Stages of Change	Personal Change Plan Part 1	Due: 2/4
Week 4 2/5-2/11	Chapter 4: Stress Management Video: Connected But Alone, Five Components of Resiliency Chapter 5: Personal Nutrition Video: USDA MyPlate Guidelines and Basic Nutrition	Begin Stress Profile Assignment Nutrition Assignment	Stress Due : 3/3 in week 7 Nutrition Due: 2/11
Week 5 2/12-2/18	Chapter 6: Weight Management and Obesity Chapter 7: Physical Activity and Fitness Videos: Nutrition and Weight Management, Increasing Physical Activity, Study Proves Physical Activity Helps Maintain Mobility, and Physical Activity Guidelines	Infographic on Physical Activity	Post due: 2/16 Replies due: 2/18
Week 6 2/19-2/25	Exam 1 Covers Chapters 1-7	Exam 1 Optional Assignment	Exam 1 Due: 2/25
Week 7 2/26-3/3	Chapter 8: Communicating and Connecting Videos: Think B 4 U Post and/or 10 Ways to Have a Better Conversation	Google Slide on Communication Quiz Stress profile assignment complete	Slide due: 3/3 Quiz due: 3/3 Stress Due: 3/3

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<p>Week 8 3/11- 3/17</p>	<p>Chapter 9: Sexual Health Chapter 10: Reproductive Choices</p>	<p>PCP Midterm discussion Quiz Chapters 9 and 10</p>	<p>Post due 3/15 Replies due: 3/17 Quizzes Due: 3/17</p>
<p>Week 9 3/18- 3/24</p>	<p>Chapter 11: Sexually Transmitted Infections Video: STI's Fact and Fiction Chapter 12: Major Diseases</p>	<p>Quiz on each chapter 11 and 12</p>	<p>Both quizzes due 3/24</p>
<p>Week 10 3/25- 3/31</p>	<p>Chapter 13: Infectious Diseases Chapter 14: Consumer Health Video: Infectious Diseases-How Do We Control Them?</p>	<p>Quiz on each chapter 13 and 14</p>	<p>Due: 3/31</p>
<p>Week 11 4/1-4/7</p>	<p>Exam 2 covers chapters 8-14</p>	<p>Optional Assignment Exam 2</p>	<p>Exam due 4/7</p>
<p>Week 12 4/8- 4/14</p>	<p>Chapter 15: Addictive Behaviors Chapter 16: Alcohol Video: Alcohol</p>	<p>Quiz on each chapter 15 and 16 TED Talks Assignment</p>	<p>Quizzes due: 4/14 TED talks due: 4/14</p>
<p>Week 13 4/15- 4/21</p>	<p>Chapter 17: Tobacco Videos: How Smoking Affects Your Health, Is Vaping Worse Than Smoking, Vaping vs. Smoking</p>	<p>Quiz PCP Final Report Discussion on PCP Final Report</p>	<p>Quiz due 4/21 Due : 4/21 Post due 4/19 Replies due: 4/21</p>

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Week 14 4/22- 4/28	Chapter 19: Healthier Environment Chapter 20: A Lifetime of Wellness Video: 5 Healthy Aging Tips	Quiz Chapter 19 Meme Reflection	QuizDue: 4/28 Meme Due 4/28
Week 15 4/29- 5/5	Final Week	Course Evaluation Exam 3	Exam due: 5/5
3/4- 3/10	Spring Break	Assignment-have fun!	No Due Dates

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/> .

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](#)

