

George Mason University
College of Education and Human Development
HEAL

HEAL 110 DL1 – Personal Health
3 Credits, Spring 2024
Distance Learning

Faculty

Name: Stephen Howes, M.S.
Office hours: Virtual – Bb Collaborate – by appointment
Office location: N/A
Email address: showes@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

Through a variety of learning activities, students will be expected to master content in 10 basic topics of personal health. They will also be expected to apply strategies for change to improve personal health.

Course Delivery Method

This course will be delivered online using an **asynchronous** (not “real time”) 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 Jan 16th, 12:01am.

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 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: <http://get.adobe.com/reader/>
 - Windows Media Player: <http://windows.microsoft.com/en-US/windows/downloads/windows-media-player>
 - Apple QuickTime Player: www.apple.com/quicktime/download/

Expectations

- Course Week: Because asynchronous courses do not have a "fixed" meeting day, our week will start on Mon, and finish on Sun. 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 2 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. It is the student's responsibility to keep track of the weekly course schedule of topics, readings, activities and assignments due. **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.
- 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 ensure 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;	f. Infectious/chronic disease control and prevention;
b. Fitness;	g. Consumerism and health care utilization;
c. Nutrition/weight management;	h. Safety;
d. Family/social wellness;	i. Human growth and development; and
e. Alcohol, tobacco and other substance abuse prevention;	j. Environmental conservation.
2. Identify ways they can improve their personal health;
3. Investigate the basic principles of the functioning of the human body as it relates to a person’s health behavior choices and practices; and
4. Examine and discuss key facts, issues and problems related to personal health.

Professional Standards: Not applicable

Required Texts

Hales, D. (2020). *An invitation to health* (19th ed.). Belmont, CA: Wadsworth Cengage Learning. 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 secure a copy of 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 19th edition
 Additional course material at Blackboard: <https://mymasonportal.gmu.edu>

Course Performance Evaluation

Students are expected to submit all assignments on time in the manner outlined by the instructor (e.g., Blackboard, Tk20, hard copy).

Requirements	Possible Points
<u>Tests</u> Test 01 (covers chapters 1-7) Test 02 (covers chapters 8-14) Test 03 (covers chapters 15-20) Each Blackboard online exam is composed of 50 multiple-choice questions. The tests are based on the content of the text as organized and presented in PowerPoint lectures. To best prepare for the tests, students should use their textbook-based notes as well as PowerPoint lecture slides. Multiple-choice items will measure students' abilities to identify/recall, differentiate, apply and analyze subject material.	150 points

<u>Short Essay Quizzes</u> There will be 10 short essay quizzes based on the content of the text as organized and presented in PowerPoint lectures. Each short essay quiz will be graded 0-5 points with a total of 50 possible points that will be factored directly into the overall grade. The short essay questions will measure students' abilities to apply and analyze subject material.	50 points
<u>Discussion Forums</u> Each student is expected to post a comment in 10 different discussion forums and in each forum he/she has to reply to another student's posting. Each discussion forum will be based on a self-assessment completed by the student and then discussed at the forum. Each posting with reply is worth 5 points for a total of 50 points which will be factored directly into the overall grade. The discussion forums will represent affective learning experiences.	50 points
<u>Personal Change Plan</u> A Personal Change Plan will be completed by each student according to guidelines posted on Blackboard. The project will be implemented in three parts. Students will begin the project from the start of the class and submit the final portion as the class concludes. The student will submit personal change plan reports at start, mid-point, and end point of the course.	75 points
TOTAL	325 points

Grading Scale by percentage

A	94-100	B+	88-89	C+	78-79	D	60-69
A-	90-93	B	84-87	C	74-77	F	0-59
		B-	80-83	C-	70-73		

Professional Dispositions

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

Class Schedule

WEEK		HEALTH AREA/READING	ASSIGNMENTS DUE
1	Jan 16-21	Ch. 1: Taking Charge of Your Health Start Ch. 2: Psychological & Spiritual Well-Being	No Assignment due. Review book and syllabus.
2	Jan 22-28	Finish Ch. 2: Psychological & Spiritual Well-Being Ch. 3: Caring for Your Mind	<i>Short essay quiz 1</i> <i>Discussion forum 1</i>
3	Jan 29 – Feb 4	Ch. 4: Stress Management Start Ch. 5: Personal Nutrition	<i>Short essay quiz 2</i> <i>Discussion forum 2</i>
4	Feb 5-11	Finish Ch. 5: Personal Nutrition Ch. 6: Weight Management and the Obesity Epidemic	<i>Short essay quiz 3</i> <i>Discussion forum 3</i>

WEEK		HEALTH AREA/READING	ASSIGNMENTS DUE
5	Feb 12-18	Ch. 7: Physical Activity & Fitness	Test 1 covers chs 1-7 Personal Change Plan – Part 1
6	Feb 19-25	Ch. 8: Communicating & Connecting Start Ch. 9: Sexual Health	<i>Short essay quiz 4</i> <i>Discussion forum 4</i>
7	Feb 26 – Mar 3	Finish Ch. 9: Sexual Health Ch. 10: Reproductive Options	<i>Short essay quiz 5</i> <i>Discussion forum 5</i>
8	Mar 4-10	SPRING RECESS	No assignments due
9	Mar 11-17	Ch. 11: Sexually Transmitted Infections Start Ch. 12: Major Diseases	<i>Short essay quiz 6</i> <i>Discussion forum 6</i>
10	Mar 18-24	Finish Ch. 12: Major Diseases Ch. 13: Infectious Diseases Ch. 14: Consumer Health	Test 2 covers chs 8-14 Personal Change Plan – Part 2
11	Mar 25-31	Ch. 15: Addictive Behaviors and Drugs	<i>Short essay quiz 7</i> <i>Discussion forum 7</i>
12	Apr 1-7	Ch. 16: Alcohol Start Ch. 17: Tobacco	<i>Short essay quiz 8</i> <i>Discussion forum 8</i>

WEEK		HEALTH AREA/READING	ASSIGNMENTS DUE
13	Apr 8-14	Finish Ch. 17: Tobacco Start Ch. 18: Personal Safety	<i>Short essay quiz 9</i> <i>Discussion forum 9</i>
14	Apr 15-21	Finish Ch. 18: Personal Safety Ch. 19: A Healthier Environment	<i>Short Essay quiz 10</i> <i>Discussion forum 10</i>
15	Apr 22-28	Ch. 20: A Lifetime of Health	Test 3 covers chs 15-20 Personal Change Plan - Part 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/>.

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. <https://ulife.gmu.edu/timely-care/>