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 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 the first day of the semester.

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 Tuesday, and finish on the following Monday.**
- 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.
- 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 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.

- 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 with 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 control and prevention
   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

Upon completion of this course, students will have met the following professional standards:
Not Applicable

Required Texts

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

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 can do so at the Course Materials link in Blackboard. If you opt out of the First Day Program, you will need to purchase the textbook on your own. We will cover all 20 chapters and the exams are based on the 19th edition.

Course Performance Evaluation

Students are expected to submit all assignments on time through the Blackboard course site. **Quizzes and Exams will NOT reopen and will NOT be accepted after the due date. Other work (Assignments, Discussion Boards, Personal Change Plan) submitted up to 48 hours after the due date, 50% will be deducted from the earned grade. After 48 hours, this work (Assignments, Discussion Boards, Personal Change Plan) will not be accepted. Extensions may be accepted with <u>prior</u> approval.**

- **Assignments and/or Examinations**
  <u>Quizzes and Assignments</u>
  The quizzes are designed to assist in mastering the concepts in the readings. The assignments are designed to introduce additional health resources.
  <u>Discussion Boards</u>
  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.
  <u>Personal Change Plan (PCP)</u>
  This semester project consists of the Agreement and Final Report.
  <u>Exams</u>
  Each exam will consist of 40 multiple choice questions.
  Exam 1—Chapters 1-7
  Exam 2—Chapters 8-14
  Exam 3—Chapters 15-20

- **Grading**
  Quizzes and Assignments—75 points
  Discussion Boards—15 points
  Personal Change Plan (PCP)—40 points
  Exam 1—40 points
  Exam 2—40 points
  Exam 3—40 points
  TOTAL—250 points

Grading Scale

A = 235-250	B+ = 220-224	C+ = 195-199	D = 150-174
A- = 225-234	B = 210-219	C = 185-194	F = 149 and below
	B- = 200-209	C- = 175-184	

Professional Dispositions

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

Class Schedule

WEEK	TOPICS	READINGS/ASSIGNMENT
1 (6/25-7/1)	Taking Charge of Your Health, Psychological and Spiritual Well-Being, Caring for Your Mind, and Stress Management	Module 1
2 (7/2-7/8)	Personal Nutrition, Weight Management and the Obesity Epidemic, Physical Activity and Fitness, and Communicating and Connecting	Module 2
3 (7/9-7/15)	Sexual Health, Reproductive Options, Sexually Transmitted Infections, and Major Diseases	Module 3
4 (7/16-7/22)	Infectious Diseases, Consumer Health, Addictive Behaviors and Drugs, and Alcohol	Module 4
5 (7/23-7/31)	Tobacco, Personal Safety, A Healthier Environment, and A Lifetime of Health	Module 5

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/). Three fundamental principles to follow at all times are that: (1) all work submitted be your own, as defined by the

assignment; (2) when you use the work, the words, or the ideas of others, including fellow students or online sites, you give full credit through accurate citations; and (3) if you are uncertain about the ground rules on a particular assignment or exam, ask for clarification. No grade is important enough to justify academic misconduct. Use of Generative-AI tools should be used following the fundamental principles of the Honor Code. This includes being honest about the use of these tools for submitted work and including citations when using the work of others, whether individual people or Generative-AI tools.

- 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, interpersonal violence, and stalking: As a faculty member, I am designated as a "Non-confidential 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 http://cehd.gmu.edu/.