

CLASS SYLLABUS



COURSE TITLE: HLTH 110 – Health and Wellness in Contemporary Society
CLASS SECTION: 001
TERM: 2024F
COURSE CREDITS: 3
DELIVERY METHOD(S): In-person

Camosun College campuses are located on the traditional territories of the Ləkʷəŋən and W SÁNEĆ peoples. We acknowledge their welcome and graciousness to the students who seek knowledge here. Learn more about Camosun's [Territorial Acknowledgement](#).

<https://camosun.ca/about/covid-19-updates>

Camosun College requires mandatory attendance for the first class meeting of each course. If you do not attend, and do not provide your instructor with a reasonable explanation in advance, you will be removed from the course and the space offered to the next waitlisted student.

INSTRUCTOR DETAILS

NAME: Sheryl Haynes M.Ed., B.Ed.

EMAIL: HaynesS@camosun.ca

OFFICE: 312-58

HOURS: Meetings via appointment.

As your course instructor, I endeavour to provide an inclusive learning environment. However, if you experience barriers to learning in this course, do not hesitate to discuss them with me. Camosun College is committed to identifying and removing institutional and social barriers that prevent access and impede success.

CALENDAR DESCRIPTION

In this course, learners are introduced to a holistic perspective of health and wellness that incorporates physical, social, intellectual, environmental, and spiritual dimensions. Well-being is explored within the context of the social determinants of health. Learners will use course knowledge to develop a health and wellness plan that will enhance their quality of life.

PREREQUISITE(S): One of: C in English 12; C in English First Peoples 12; C in ENGL 091 and ENGL 093; C in ENGL 092; C in ENGL 103; C in ENGL 142; C in ELD 092; C in ELD 097; C in ELD 103

CO-REQUISITE(S):

PRE/CO-REQUISITE(S):

COURSE DELIVERY

ACTIVITY	HOURS / WEEK	# OF WEEKS	ACTIVITY HOURS
Lecture	3	14	45
Seminar			
Lab / Collaborative Learning			
Supervised Field Practice			
Workplace Integrated Learning			
Online			
TOTAL HOURS			

COURSE LEARNING OUTCOMES

- a) Explain how select social, cultural, economic, and environmental factors impact the health and well-being of Canada's peoples.
- b) Describe the dimensions of wellness and explain the ways in which these are experienced by self and others.
- c) Articulate a personal philosophy for health and wellness that incorporates knowledge of the dimensions of wellness and of the social determinants of health.
- d) Use critical thinking skills to evaluate the validity of select health and wellness theories and strategies.
- e) Apply knowledge of evidence-based health and wellness strategies to enhance one's quality of life.

COURSE OBJECTIVES AND MAPPED PROFESSIONAL COMPETENCIES

See above Course Learning Outcomes

Refer to Course Schedule, Topics, and Associated Preparation/Activity/Evaluation

REQUIRED MATERIALS & RECOMMENDED PREPARATION / INFORMATION

- (a) Text: Hales, D. & Lauzon, L. (2021). *An invitation to health* (6th Canadian ed.). Nelson Education Ltd. Available from the bookstore. Other option: you can purchase the eBook from <http://www.nelsonbrain.com/shop/isbn/9780176884932>
- (b) Coursepack: Health 110 –Health and Wellness in Contemporary Society-**this coursepack is available on D2L**. There are a few at the bookstore if you prefer a hardcopy.
- (c) Technology: USB flash drive, scan & upload software/capabilities.

COURSE SCHEDULE, TOPICS, AND ASSOCIATED PREPARATION / ACTIVITY / EVALUATION

The following schedule and course components are subject to change with reasonable advance notice, as deemed appropriate by the instructor. <u>WEEKS/DATES</u>	TOPICS	OTHER NOTES	CLASS PREPARATION ASSIGNMENTS (CPA) & ASSIGNMENT DUE DATES
WK #1 Wed. Sept. 4	Introduction to Health 110 An Invitation to Health & Wellness The 7 Dimensions of Wellness Social Determinants of Health	Ch. 1 pp.2-16 & Coursepack-D2L Ch. 16 pp. 430-453	Start Health Assessment (Sept. 5- 11) & Nutrition Analysis
WK #2 Wed. Sept. 11	Making Healthy Changes Part 1: Personal Lifestyle Behaviour Change (PLBC) Goal Setting Behaviour Change Techniques & Strategies	Ch. 1 pp.16-26 & Coursepack-D2L	CPA #1 Due Work on Health Assessment Questions & Nutrition Analysis Assignment
WK #3 Wed. Sept. 18	Making Healthy Changes Part 2: Personal Lifestyle Behaviour Change (PLBC) Goal Setting Behaviour Change Techniques & Strategies	Ch. 1 pp.16-26 & Coursepack-D2L	Health Assessment & Nutrition Analysis Assignment Due
WK #4 Wed. Sept. 25	Steps to Sleeping Better	Ch. 3 pp. 76-78 & Coursepack-D2L	CPA #2 & PLBCA #1-SMART Goals Work on completing PLBCA #1
WK #5 Wed. Oct. 2	Personal Nutrition	Ch. 5 pp.114-141 & Coursepack-D2L	CPA #3
WK #6 Wed. Oct. 9	Managing Your Weight for Healthy Living Physical Activity for Physical Literacy, Health, Fitness, & Athletic Performance	Ch. 6 pp.142-166 & Coursepack-D2L Ch. 4 pp.84-112 & Coursepack-D2L	PLBCA #1 Due
WK #7 Wed. Oct. 16	Personal Lifestyle Behaviour Change Assignment #2 Review & Discussion of Following Action Plan	Ch. 1 pp.16-26 & CP/D2L	Begin 21 Day Personal Lifestyle Behaviour Change by Oct. 21st : revisions must be completed before starting if applicable

WK #8 Wed. Oct. 23	Psychosocial Health Healthy Thinking Explanatory Self-Talk & Health	Ch. 2 pp.30-40 Ch. 1 p. 21 (self- talk) & Coursepack-D2L	CPA #4 Due
WK #9 Wed. Oct. 30	Personal Stress Management	Ch. 3 pp. 60-82 & Coursepack-D2L Ch. 17 pp.460-461	CPA #5 Due Work on PLBCA #2 Observations
WK #10 Wed. Nov. 6	Understanding Mental Disorders and Mental Illness Unhealthy Eating Behaviours	Ch. 2 pp.42-58 & Coursepack-D2L Ch. 7 p. 192 Ch.6 pp.158-165 & Coursepack-D2L	CPA #6 Due Work on PLBCA #2 Observations
WK #11 Wed. Nov. 13	Substance & Non-Substances	Ch. 11 pp.290-323 & Coursepack-D2L	CPA #7 Due Begin to work on PLBCA #2 Questions
WK #12 Wed. Nov. 20	Alcohol and Tobacco	Ch. 12 pp.324-355 & Coursepack-D2L	CPA #8 Due Work on PLBCA #2 Questions
WK #13 Wed. Nov. 27	Lowering Your Risk of Major Diseases (Cardiovascular Disease, Cancer, & Diabetes)	Ch. 10 pp.258-289 & Coursepack-D2L	Personal Lifestyle Behaviour Change Assignment #2 Due
WK #14 Wed. Dec. 4	The Spirit of Health & Wellness Personal Lifestyle Behaviour Change Presentations and Discoveries Assignment	Ch. 1 pp. 9-10 Ch. 17 pp.454-471 & Coursepack-D2L	CPA #9 Due Presentations

STUDENT EVALUATION

DESCRIPTION	WEIGHTING
Health Assessment & Nutrition Analysis Assignment	10
Class Preparation Assignments (CPA)	20
Participation & In-Class Activities	10
Reflection In-Class Assignments	5
Personal Lifestyle Behaviour Change Assignment (PLBCA) #1	25
Personal Lifestyle Behaviour Change Assignment (PLBCA) #2	25
Personal Lifestyle Behaviour Change Presentation	5
TOTAL	100%

If you have a concern about a grade you have received for an evaluation, please come and see me as soon as possible. Refer to the [Grade Review and Appeals](http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.14.pdf) policy for more information.
<http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.14.pdf>

COURSE GUIDELINES & EXPECTATIONS

Students are to arrive to class ready to contribute their knowledge and insights, having completed the assigned readings/activities/assignments in order to create a positive and effective learning environment. Students are to demonstrate positive interpersonal behaviour while in class, on campus, and with any online communication with peers and faculty.

Participation

Classes are planned as a continuum for building skills and knowledge required to meet the course learning outcomes which might be applied in a professional setting or for oneself. Assignments, class sessions, in-class planned activities are integrated and necessary for meeting the learning outcomes to successfully pass the course, and the instructor must be able to assess participation contributions.

Participation in class includes:

- Regular attendance by arriving to classes on time and returning from breaks on time.
- Having completed all pre-class preparations, including assigned text and coursepack readings, and other requirements such as surveys/questionnaires as indicated on the course schedule.
- Active participation and contribution in all planned activities/discussions.
- Effective interpersonal communication and engagement skills including active listening, respectful dialogue, attentiveness during presentations, and constructive and appropriate comments in class.

Late arrivals and absences, and leaving early, must be communicated to the instructor prior to class start time. Repeated absences will jeopardize successful completion of this course.

Technology

Cell phones and electronic devices are to be out-of-sight with alerts and ringers off while in class. The only exception is laptops/tablets for purposes of note-taking with a pre-arranged Center for Accessible Learning (CAL) accommodation letter.

Some students have difficulty disengaging and the continuous checking or distraction of the sounds and screen light deter from the classroom experience for the student and those in the vicinity. The use of phones or

laptops/tablets for personal use during class signifies not being present and disengaged from the course content. In the classroom we encourage a respectful atmosphere of “disconnect and connect”.

GenAI Tools

No use of GenAI tools permitted due to the nature of this course. The expectation is for you complete all course work independently. The instructor needs to be able to assess your progress in meeting the course learning outcomes. The application of learning is directly related to your individual experiences, reflections, and course theory and these would be reflected in your assignments. Additionally, please note the use of generative AI tools falls under the umbrella of plagiarism and therefore prohibited in this specific course.

Assignments

Instructions for all assignments will be handed out in class and will be available on D2L. Details of the assignments will also be discussed in class. Instructions will include: APA writing and format (e.g. citations, headings, spacing); other elements for grading include spelling, grammar, and length adherence. Resources for writing, formatting, and referencing are available on D2L and available at the Camosun Writing Centre and the library. Assignments are to be uploaded electronically to the designated assignment folder prior to the class start time on the date it is due. Refer to the due dates noted on the course schedule.

Health Assessment & Nutrition Analysis Assignment and Personal Lifestyle Behaviour Change Assignments (PLBCA) #1 & #2

The assignments noted above must receive a minimum of a “C” grade (60%), and must also meet the course learning outcomes, in order to complete this course.

Late assignments are deducted 5% per 24-hour period after 15 minutes past the stated due time. This will then be followed by 10% per 24-hour period for each day following the due date. The assignments noted in this section will not be accepted after one calendar week after the due date resulting in not receiving a final grade for the course.

Students may arrange with the instructor for an extension of an assignment noted in this section before the due date; verifiable documentation might be required. Documentation may take multiple forms (e.g. communication from a counselor/professional, emergency room discharge papers, and dated subpoena). Those with a *Letter of Accommodation* from the Centre for Accessible Learning (CAL) must have previously identified arrangements as negotiated with the instructor at least 48 hours before the due date. Typically, an extra two calendar days will be granted.

Personal Lifestyle Behaviour Change Presentation

This is a short individual presentation of your experiences/discoveries of your Personal Lifestyle Behaviour Change. Instructions will be provided in class and on D2L.

Class Preparation Assignments (CPA)

Class Preparation Assignments (CPA) are due at the beginning of the class as noted on the Course Schedule. This ensures work is completed as a foundation for the topic/s being discussed for that class. Assignments will also be used for the in-class activities. Participation marks will be impacted if pre-preparation activities and assignments have not been completed and submitted on time.

Late marks of 5% will be applied only within the first 30 minutes past the due time. A CPA will not receive marks if submitted 30-60 minutes after the class has occurred or after a class has been completed. Completion of the CPAs facilitate the students’ contribution to class discussions and the planned in-class activities. To submit a CPA after the class has occurred allows for a student to use the knowledge learned from the other students and instructor. This is considered a form of plagiarism and undue fairness to those that have submitted the assignment on time. This will be further discussed on the first day of classes.

In-Class Reflections (Inform, Inspire, Integrate) Assignments

There will be 5 random in-class reflections based on certain topics throughout the term of which the student must be in attendance. Instructions will be provided in class and on D2L.

SCHOOL OR DEPARTMENTAL INFORMATION

Policies and expectations unique to HHS (Health and Human Service) students are outlined in the following handbook: <https://legacy.camosun.ca/learn/school/health-human-services/student-info/>. In some cases they duplicate those of the college and the clinical environment and are repeated here in order to emphasize their importance.

STUDENT RESPONSIBILITY

Enrolment at Camosun assumes that the student will become a responsible member of the College community. As such, each student will display a positive work ethic, assist in the preservation of College property, and assume responsibility for their education by researching academic requirements and policies; demonstrating courtesy and respect toward others; and respecting expectations concerning attendance, assignments, deadlines, and appointments.

SUPPORTS AND SERVICES FOR STUDENTS

Camosun College offers a number of services to help you succeed in and out of the classroom. For a detailed overview of the supports and services visit <http://camosun.ca/students/>.

Support Service	Website
Academic Advising	http://camosun.ca/advising
Accessible Learning	http://camosun.ca/accessible-learning
Counselling	http://camosun.ca/counselling
Career Services	http://camosun.ca/coop
Financial Aid and Awards	http://camosun.ca/financialaid
Help Centres (Math/English/Science)	http://camosun.ca/help-centres
Indigenous Student Support	http://camosun.ca/indigenous
International Student Support	http://camosun.ca/international/
Learning Skills	http://camosun.ca/learningskills
Library	http://camosun.ca/services/library/
Office of Student Support	http://camosun.ca/oss
Ombudsperson	http://camosun.ca/ombuds
Registration	http://camosun.ca/registration
Technology Support	http://camosun.ca/its
Support Service	Website
Writing Centre	http://camosun.ca/writing-centre

If you have a mental health concern, please contact Counselling to arrange an appointment as soon as possible. Counselling sessions are available at both campuses during business hours. If you need urgent support after-hours, please contact the Vancouver Island Crisis Line at 1-888-494-3888 or call 911.

COLLEGE-WIDE POLICIES, PROCEDURES, REQUIREMENTS, AND STANDARDS

Academic Accommodations for Students with Disabilities

The College is committed to providing appropriate and reasonable academic accommodations to students with disabilities (i.e. physical, depression, learning, etc). If you have a disability, the [Centre for Accessible Learning](#) (CAL) can help you document your needs, and where disability-related barriers to access in your courses exist, create an accommodation plan. By making a plan through CAL, you can ensure you have the appropriate academic accommodations you need without disclosing your diagnosis or condition to course instructors. Please visit the CAL website for contacts and to learn how to get started:

<http://camosun.ca/services/accessible-learning/>

Academic Integrity

Please visit <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.13.pdf> for policy regarding academic expectations and details for addressing and resolving matters of academic misconduct.

Academic Progress

Please visit <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.1.pdf> for further details on how Camosun College monitors students' academic progress and what steps can be taken if a student is at risk of not meeting the College's academic progress standards.

Course Withdrawals Policy

Please visit <http://camosun.ca/about/policies/education-academic/e-2-student-services-and-support/e-2.2.pdf> for further details about course withdrawals. For deadline for fees, course drop dates, and tuition refund, please visit <http://camosun.ca/learn/fees/#deadlines>.

Grading Policy

Please visit <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.5.pdf> for further details about grading.

Grade Review and Appeals

Please visit <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.14.pdf> for policy relating to requests for review and appeal of grades.

Mandatory Attendance for First Class Meeting of Each Course

Camosun College requires mandatory attendance for the first class meeting of each course. If you do not attend, and do not provide your instructor with a reasonable reason in advance, you will be removed from the

course and the space offered to the next waitlisted student. For more information, please see the “Attendance” section under “Registration Policies and Procedures” (<http://camosun.ca/learn/calendar/current/procedures.html>) and the Grading Policy at <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.5.pdf>.

Medical / Compassionate Withdrawals

Students who are incapacitated and unable to complete or succeed in their studies by virtue of serious and demonstrated exceptional circumstances may be eligible for a medical/compassionate withdrawal. Please visit <http://camosun.ca/about/policies/education-academic/e-2-student-services-and-support/e-2.8.pdf> to learn more about the process involved in a medical/compassionate withdrawal.

Sexual Violence and Misconduct

Camosun is committed to creating a campus culture of safety, respect, and consent. Camosun’s Office of Student Support is responsible for offering support to students impacted by sexual violence. Regardless of when or where the sexual violence or misconduct occurred, students can access support at Camosun. The Office of Student Support will make sure students have a safe and private place to talk and will help them understand what supports are available and their options for next steps. The Office of Student Support respects a student’s right to choose what is right for them. For more information see Camosun’s Sexualized Violence and Misconduct Policy: <http://camosun.ca/about/policies/education-academic/e-2-student-services-and-support/e-2.9.pdf> and camosun.ca/sexual-violence. To contact the Office of Student Support: oss@camosun.ca or by phone: 250-370-3046 or 250-370-3841

Student Misconduct (Non-Academic)

Camosun College is committed to building the academic competency of all students, seeks to empower students to become agents of their own learning, and promotes academic belonging for everyone. Camosun also expects that all students to conduct themselves in a manner that contributes to a positive, supportive, and safe learning environment. Please review Camosun College’s Student Misconduct Policy at <http://camosun.ca/about/policies/education-academic/e-2-student-services-and-support/e-2.5.pdf> to understand the College’s expectations of academic integrity and student behavioural conduct.

Changes to this Syllabus: Every effort has been made to ensure that information in this syllabus is accurate at the time of publication. The College reserves the right to change courses if it becomes necessary so that course content remains relevant. In such cases, the instructor will give the students clear and timely notice of the changes.