



Course Syllabus

Course title: Health and Wellness in Contemporary Society

Class section: HLTH - 110 - 002

Term: 2025W

Course credits: 3

Total hours: 45

Delivery method: In-Person

Territorial Acknowledgement

Camosun College respectfully acknowledges that our campuses are situated on the territories of the Łək̓ʷəŋən (Songhees and Kosapsum) and W̱SÁNEĆ peoples. We honour their knowledge and welcome to all students who seek education here.

Instructor Details

Name: Sheryl Haynes

Email: hayness@camosun.ca

Instructor Statement

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.

Instructor Office Hours

Office:

Hours:

CHW #312-58

Hours: By appointment

Course Description

Course 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.

Prerequisites:

One of:

- C in English 12
- C in ENGL 090
- C in ENGL 092
- C in ENGL 103
- C in ENGL 142
- C in ELD 092
- C in ELD 097
- C in ELD 103

Course Learning Outcomes / Objectives

Upon successful completion of this course a student will be able to:

- explain how select social, cultural, economic, and environmental factors impact the health and well-being of Canada's peoples.
- describe the dimensions of wellness and explain the ways in which these are experienced by self and others.

- articulate a personal philosophy for health and wellness that incorporates knowledge of the dimensions of wellness and of the social determinants of health.
- use critical thinking skills to evaluate the validity of select health and wellness theories and strategies.
- apply knowledge of evidence-based health and wellness strategies to enhance one's quality of life.

Course Materials - Required

1. Text: Tunks, D. & Lauzon, L. (2025). *An invitation to health* (7th Canadian ed.). Cengage Learning, Inc. This is a new edition and will be the only edition used for the winter term. Hardcopy available in the bookstore. Other option: you can purchase the eBook from: <https://www.cengage.ca/c/an-invitation-to-health-7e-tunks-lauzon/9781774741177/>
2. D2L-resources on D2L will need to be accessed to complete assignments and participate in the in-class activities.
3. Technology: USB flash drive, scan and upload software/capabilities.

Recommended Preparation / Information

1. A good level of reading and writing comprehension for a first year university transfer level course.
2. Introductory level of understanding in using APA 7th ed..
3. Able to navigate and use the functions in D2L.

Course Delivery Hours

ACTIVITY	HOURS / WEEK	# OF WEEKS	ACTIVITY HOURS
Lecture	3	15	45
		TOTAL HOURS:	45

**** Please note that Camosun is standardized on a 15-week semester which, where applicable, includes a final evaluation week. When an evaluation week is not required this may create a**

discrepancies in total hours.

Course Schedule, Topics, and Associated Preparation / Activity

The following schedule and course components are subject to change with reasonable advance notice, as deemed appropriate by the instructor.

WEEKS/DATES	TOPICS	Readings	CLASS PREPARATION ASSIGNMENTS (CPA) & ASSIGNMENT DUE DATES
WK #1 Tues. Jan.7	Introduction to Health 110 An Invitation to Health & Wellness The 7 Dimensions of Wellness Social Determinants of Health	Ch. 1 pp. 1-14 & D2L Resources, Ch. 16 pp. 429-442, & Ch. 17 pp. 447-450	Start Health Assessment (Jan. 8-Jan. 14) & Nutrition Analysis
WK #2 Tues. Jan. 14	Introduction to Making Healthy Changes Part 1: Personal Lifestyle Behaviour Change (PLBCA) Goal Setting	Ch. 1 pp.15-28 & D2L Resources	CPA #1 Due Work on Health Assessment Questions & Nutrition Analysis Assignment
WK #3 Tues. Jan. 21	Making Healthy Changes Part 2: PLBCA: Action Plan Behaviour Change Techniques & Strategies	Ch. 1 pp. 15-28 & D2L Resources	Health Assessment & Nutrition Analysis Assignment Due
WK #4 Tues. Jan. 28	Steps to Better Sleep	Ch. 3 pp. 72-74 & D2L Resources	CPA #2 & PLBCA #1-SMART Goals Work on completing PLBCA #1
WK #5 Tues. Feb. 4	Personal Nutrition	Ch. 5 pp. 110-137 & D2L Resources	CPA #3

WEEKS/DATES	TOPICS	Readings	CLASS PREPARATION ASSIGNMENTS (CPA) & ASSIGNMENT DUE DATES
WK #6 Tues. Feb. 11	Weight, Weight Discrimination, and Healthy Weight Approaches Physical Activity for Physical Literacy, Health, Fitness, & Athletic Performance	Ch. 6 pp. 138-160 & D2L Resources Ch. 4 pp. 81-109 & D2L Resources	PLBCA #1 Due
WK #7 Tues. Feb. 18	Reading Break		
WK #8 Feb. 25	Personal Lifestyle Behaviour Change Assignment #2 Review & Discussion of Following Action Plan Psychosocial Health Healthy Thinking Explanatory Self-Talk & Health	Ch. 1 pp. 15-28 & D2L Resources Ch. 2 pp. 29-39 Ch. 1 p. 18 (self- talk) & D2L Resources	Begin 21 Day Personal Lifestyle Behaviour Change by March 3: revisions must be completed and uploaded to D2L before starting if applicable. CPA #4 Due
WK #9 Tues. March 4	Personal Stress Management	Ch. 3 pp. 56-80 & D2L Resources Ch. 17 pp. 429- 442	CPA #5 Due Work on PLBCA #2 Observations
WK #10 Tues. March 11	Understanding Mental Disorders and Mental Illness Unhealthy Eating Behaviours	Ch. 2 pp. 40-55 & D2L Resources Ch.6 pp. 153-160 & D2L Resources	CPA #6 Due Work on PLBCA #2 Observations
WK #11 Tues. March 18	Drugs: Use and Misuse (Substance & Non- Substances)	Ch. 11 pp. 282- 313 & D2L Resources	CPA #7 Due Begin to work on PLBCA #2 Questions

WEEKS/DATES	TOPICS	Readings	CLASS PREPARATION ASSIGNMENTS (CPA) & ASSIGNMENT DUE DATES
WK #12 Tues. March 25	Alcohol, Tobacco, and Nicotine: Use and Misuse	Ch. 12 pp. 314- 346 & D2L Resources	CPA #8 Due Work on PLBCA #2 Questions
WK #13 Tues. April 1	Major Diseases (Cardiovascular Disease, Cancer, Diabetes)	Ch. 10 pp. 253- 281 & D2L Resources	Personal Lifestyle Behaviour Change Assignment #2 Due
WK #14 Tues. April 8	The Spirit of Health & Wellness Personal Lifestyle Behaviour Change Presentations	Ch. 1 p. 8 Ch. 2 pp. 33-34 Ch. 17 pp. 443- 462 & D2L Resources	CPA #9 Due PLBCA Presentations

Evaluation of Learning: Weighted

STUDENT EVALUATION

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

Camosun's Grading Systems

<https://camosun.ca/registration-records/student-records/camosun-grading-systems>

Grade Reviews and Appeals

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 policy** for more information.

<http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.14.pdf>

The Centre for Accessible Learning (CAL) is part of Camosun's Student Affairs unit. CAL coordinates academic accommodations and provides related programs and services to students with documented disabilities.

Students who require academic accommodations are expected to request and arrange accommodations through CAL in a timely fashion. While we understand that not all accommodation needs are known to students at the beginning of a course, accommodations cannot be provided unless the proper process is followed through CAL and an accommodation letter has been released to the instructor. Students are responsible for providing CAL with the proper documentation prior to the beginning of a course.

Students registered with the Centre for Accessible Learning (CAL) who complete quizzes, tests, and exams with academic accommodations have booking procedures and deadlines with CAL where advanced notice is required.

Deadlines can be reviewed on the CAL exams page

<https://camosun.ca/services/academic-supports/accessible-learning/academic-accommodations-exams>

Please consult the CAL webpage for more information:

<https://camosun.ca/services/academic-supports/accessible-learning>

Artificial Intelligence: A Guide for Students

Generative Artificial Intelligence (GenAI) is an evolving technology that brings potential benefits but also substantial risks. While GenAI tools have the ability to transform how we work and learn, it is essential for the college community to adapt to these changes in a thoughtful and secure way.

When using GenAI tools, students should ensure proper citation and attribution guidelines are followed. This includes acknowledging AI assistance in reports, presentations, or any external communications. Clear citation helps build trust, ensures ethical use, and reduces the risk of misinformation or copyright issues.

For citation support visit the college's citation style guide.

<https://camosun.libguides.com/cite>

Artificial Intelligence: A Guide for Students

Visit the following website to learn about AI use in academic settings.

<https://camosun.libguides.com/artificialintelligence/home>

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 means arriving to classes on time, returning from breaks on time, and staying till the class ends.
- Having completed all pre-class preparations, including assigned text and D2L resource readings, and other requirements such as surveys/questionnaires as indicated in the Class Preparation Assignments (CPA). Refer to Course Schedule for due dates.
- Active participation and contribution in all planned activities/discussions in class.
- 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 in the library. Assignments are to be uploaded electronically to the designated D2L assignment folder prior to the class start time on the date it is due. Refer to the due dates noted on the Course Schedule.

Mandatory 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% if submitted 15 minutes after the class start 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 due to exceptional circumstances. This may require verifiable documentation or otherwise late marks may apply. 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.

Mandatory 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 if not submitted within the first 15 minutes of the class start time. A CPA will not receive marks if submitted later than the 15 minutes or after the class has ended. 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 their assignment on time. This will be discussed further 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.

Additional 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.

School or Departmental Information

Students are required to read and are accountable for the College policies (outlined below) and practicum guidelines as described in the School of Health and Human Services (HHS) and program handbooks.

Clinical and Practice Placements in HHS

<https://camosun.ca/programs-courses/school-health-and-human-services/hhs-programs/practicums>

School of Health and Human Services (HHS)

<https://camosun.ca/programs-courses/school-health-and-human-services/information-health-and-human-services-students-1#top>

HHS Program Handbooks

<https://camosun.ca/programs-courses/school-health-and-human-services/information-health-and-human-services-students-1#program>

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.

College Policies

Academic Integrity

Students are expected to follow the college's [Academic Integrity policy](#), and be honest and ethical in all aspects of their studies. To help you understand these responsibilities review the online [Academic Integrity guide](#).

The college's [Academic Integrity policy and supporting documents](#) detail the process for addressing and resolving matters of academic misconduct.

Academic Accommodations for Students with Disabilities

If you have a documented disability and need accommodations contact the Centre for Accessible Learning (CAL). CAL will arrange the appropriate academic accommodations so you can participate in all academic activities. Visit the [CAL website](#) for more information

Academic Progress

The [Academic Progress policy](#) details how the college monitors students' academic progress and what steps are taken if a student is at risk of not meeting the college's academic progress standards.

Acceptable Technology Use

The [Acceptable Technology Use](#) policy outlines how students are expected to use college technology resources, this includes using your own devices on the college's network. The use of the college resources in a way that violates a person's right to study in an environment free of discrimination, harassment or sexual violation is prohibited.

Course Withdrawals Policy

For details about course withdrawal see the [Course Withdrawals policy](#). Be aware of the [deadlines for fees, course drop dates, and tuition refunds](#).

Grading Policy

To learn more about grading see the [Grading Policy](#).

Grade Review and Appeals

The process to request a review of grades is outlined in the [Grade Review and Appeals policy](#).

Medical / Compassionate Withdrawals

If you have experienced a serious health or personal issue, you may be eligible for a [medical/compassionate withdrawal](#). The [Medical / Compassionate Withdrawal Request form](#) outlines what is required.

Sexual Violence

If you have experienced sexual violence on or off campus, you can get support from the Office of Student Support. The Office of Student Support is a safe and private place to talk about what supports are available and your options for next steps. Visit the [sexual violence support and education site](#) to learn more or email oss@camosun.ca or phone: 250-370-3046 or 250-370-3841.

Student Misconduct (Non-Academic)

Camosun expects students to conduct themselves in a manner that contributes to a positive, supportive, and safe learning environment. Review the [Student Misconduct Policy](#) to understand the college's expectations of conduct.

Looking for other policies? See [Camosun College Policies and Directives](#)

Services and Supports

Services are free and available to all students.

Academic Supports Centre for Accessible Learning English, Math and Science Help Centres Library Writing Centre & Learning Skills	Enrollment Supports Academic Advising Financial Aid and Awards Registration Tuition and Fees
Health and Wellness Counseling Fitness and Recreation Office of Student Support	Applied learning Co-operative Education and Career Services Makerspace

The [Centre for Indigenous Education Centre and Community Connections](#) provides cultural and academic supports for Indigenous students.

[Camosun International](#) provides supports to international students.

[The Ombudsperson](#) provides an impartial, independent service to ensure students are treated fairly. The service is a safe place for students to voice and clarify concerns and complaints.

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

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 the course content or schedule. When changes are necessary the instructor will give clear and timely notice.