



Course Syllabus

Course title: Health and Wellness in Contemporary Society

Class section: HLTH - 110 - 003

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 Kosapsun) and W̱SÁNEĆ peoples. We honour their knowledge and welcome to all students who seek education here.

Instructor Details

Name: Graham Frost

Email: frostg@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:

PISE 317

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 & Lauzon (2025). An invitation to health (7th Canadian ed.). Nelson Education Ltd.
ISBN: 9781778413186
Available from the campus bookstore, or publisher, as hardcopy or e-text.
2. D2L Resources-available on D2L.

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.

DATE RANGE	ACTIVITY or TOPIC	READINGS	ASSIGNMENTS
Jan. 9	Course & Student Introduction	Course Syllabus & Welcome Info	Student Survey
Jan. 17	Social & Personal Determinants of Health 7 Dimensions of Health	Ch 1, pp 1-14	Begin: Health Journal CP 2-16
Jan. 24	Psychosocial Health	Ch 2 CP 43-69	Due: Health Journal
Jan. 31	Personal Nutrition	Ch 5	Due: Nutrition Analysis
Feb. 7	Behaviour Change, Goal Setting, & PLBC #1 workshop	Ch 1 pp 14-20 CP 26-41	Due: Draft Goals
Feb. 14	Healthy Sleep Habits	Ch 2, pp 72-74 CP 82-86	Due: PLBC #1
Feb. 17 -23	Reading Break		
Feb. 28	Working Towards a Healthy Environment & PLBC #2 Information	Ch 16	Due: Land Based Health Reflection
Mar. 7	Physical Activity for Physical Literacy, Health, Fitness & Athletic Performance	Ch 4	Begin: PLBC #2
Mar. 14	Weight, Weight Discrimination, and Healthy Weight Approaches	Ch 6	PLBC #2: Week 1
Mar. 21	Personal Stress Management	Ch 3 CP 71-80	PLBC #2: Week 2

DATE RANGE	ACTIVITY or TOPIC	READINGS	ASSIGNMENTS
Mar. 28	The Spirit of Health & Wellness	Ch 17, pp 443-454	PLBC #2: Week 3
April 4	Substance Use and Misuse	Ch 11 & 12	Due: PLBC #2 Final Report
April 11	Major Diseases & Healthy Aging	Ch 10 & 15, pp 395-408	

Evaluation of Learning: Weighted

DESCRIPTION	WEIGHTING
*Health Journal Assignment	10
*Behaviour Change Assignment #1	25
*Behaviour Change Assignment #2	25
Nutrition Analysis Assignment	5
Land Based Health Reflection	5
Weekly Learning Artifacts & Contributions	30
TOTAL:	100%

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

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.

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.

Course 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 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 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.

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”.

*Student Assessments: Assignments

The following assessments must be done in order to complete the HLTH 110 course:

Health Journal Assignment; Personal Lifestyle Behaviour Change Assignment #1 & #2. Instructions for all assignments will be posted on D2L.

Late marks of 5% will apply to all assignments & contributions after the first 10 minutes of D2L deadlines.

No assignment listed in the previous bullet will be accepted after one calendar week after the due date resulting in not receiving a final grade for the course.

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	Enrollment Supports
Centre for Accessible Learning	Academic Advising
English, Math and Science Help Centres	Financial Aid and Awards
Library	Registration
Writing Centre & Learning Skills	Tuition and Fees
Health and Wellness	Applied learning

Counseling	Co-operative Education and Career Services
Fitness and Recreation	Makerspace
Office of Student Support	

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.