



Course Syllabus

Course title: Indigenous Peoples' Health

Class section: HLTH - 111 - 005

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: Andrea Williams

Email: williamsa@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:
Room #	Monday-Friday 830-5pm, appointments to be arranged individually with Instructor

Course Description

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Students will explore the experiences and resilience of Indigenous peoples from these lands, past and present, including the impact of colonization and racism on community wellness. Using a strength-based and holistic perspective, students will learn about the current realities of Indigenous peoples' health experiences, and will be introduced to some cultural healing practices. The learning journey will include enhancing self-awareness in relation to the impacts of Indigenous-specific racism, and discrimination. Students will be able to use this knowledge to further their own understanding of Indigenous peoples' wellness.

Prerequisites:

One of:

- C in English 12
- C in ENGL 090
- C in ENGL 091
- 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, learners will be able to:

1. Explain ways in which Indigenous Peoples' relationships with the land and waters support wellness
2. Discuss ways that colonization has impacted the health of Indigenous Peoples and communities of these lands
3. Articulate impacts of racism and discrimination on Indigenous Peoples interacting with today's health care system
4. Explain the concept of unearned privilege and identify one's own social-location
5. Discuss Indigenous approaches to wellness and the ways in which these enhance the health of Indigenous Peoples and communities

Course Materials - Required

Introduction to d=Determinants of First Nations, Inuit, and Métis peoples' Health in Canada / edited by Margo Greenwood, Sarah de Leeuw, Roberta Stout, Roseann Larstone, and Julie Sutherland (2022)

Additional required course materials will be provided on D2L.

Course Delivery Hours

ACTIVITY	HOURS / WEEK	# OF WEEKS	ACTIVITY HOURS
	3	14	
		TOTAL HOURS:	42

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.

Week or Date Range	Activity or Topic	Other Notes
Week 1	Circle, Introduction to the course 1. Trigger Warning 2. Terminology	

Week or Date Range	Activity or Topic	Other Notes
Week 2	Understanding Structural Determinants of Health Chapter 2: "First Nations, Inuit and Metis Children's Mental Wellness."	Chapter 2 Quiz
Week 3	Disrupting Colonialism 1. E. Tuck & K.W. Yang. (2012). Decolonization is not a metaphor. 2. Time is a Colonial Construct	
Week 4	Interpretation of Treaties 1. Heidi Stark, "Respect, Responsibility, and Renewal: Foundations of Anishinaabe Treaty Making" 2. A Message from WISÁNEĆ Leadership Council -Douglas Treaty	Chapter Reading Summary Due
Week 5	Poetry as Restorative Practice Chapter 6: Indigenous Women's and Gender Diverse Peoples Sexual & Reproductive Health	Chapter 6 Quiz
Week 6	Consent over Land and Bodies Chapter 9: Our Highway, Our Tears: Indigenous Women's and Two Spirit Peoples Health and Resource Extraction p.99 in text	Chapter 9 Quiz
Week 7	Reading Week	
Week 8	Defining Historical and Body Trauma 1. Chapter 4: Forced Sterilization 2. In Plain Sight: Addressing Indigenous-specific Racism and Discrimination in B.C. Health Care	In person Chapter 4 Quiz
Week 9	Matriarchal Wisdom Chapter 5: Matriarchal Wisdom: Indigenous Women's and Perinatal Health	
Week 10	Environmental Racism and the Personhood of Water 1. Chapter 10: Legislation, Reconciliation and Water 2. "There's Something in The Water", Ingrid Waldron	In Plain Sight Due
Week 11	Land and Indigenous Self Determination 1. Chapter 1: Reflection on Love and Learning with the Yintah	

Week or Date Range	Activity or Topic	Other Notes
Week 12	Indigenous Food Sovereignty 1. Chapter 3: Food as Relationship p.25 in text 2. Salmon is the Hub of Salish Memory	Chapter 3 Quiz Positionality Reflection Due
Week 13	Culture and Ceremony as Restorative Practice for Holistic Wellbeing	
Week 14	Facilitated Discussions Course Wrap-up, Closing Activities, Circle & Potluck	I

Evaluation of Learning: Weighted

DESCRIPTION	WEIGHTING
Chapter Quizzes	50
Chapter Reading Summary	15
In Plain Sight Report	20
Positionality Reflection	15
TOTAL:	100%

CFCS

NOTE: Students must achieve at least 60% ("C") in each course in this program.

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 expected to submit all assignments by the due date. **Assignments will not be accepted after the last day of class.** It is also essential to use citations and references (APA Style) for anything that is from a source that is not your own thoughts, or it is considered plagiarism.

Confidentiality: All students' personal stories, opinions, or content shared at any point within the course (e.g. during online sessions, Circle Sharing and in the discussions forums) are confidential unless in cases of Duty to Report. All unauthorized recordings or screenshots of this material is prohibited.

Attendance is required in order to receive the learning in this class. If you miss a class it will affect your ability to meet the learning outcomes and understanding of the course material. In cases of illness or other life events, please **email your instructor before class** to notify them of your absence. After **two missed classes**, you will meet with your instructor to discuss any barriers affecting your attendance and to identify possible support resources. **It is the student's responsibility to track the dates missed and to follow up, with colleagues about content missed, while they still remember.**

"Additional work" or "alternate assignments" for the purposes of increasing grades are not offered in this course. Students must monitor their progress and access assistance/resources early on if there is a risk of being unsuccessful in the course.

Late Assignments: All assignments must be submitted on the date assigned. Late assignment grades will be reduced by **5%** per day and after **7** days will receive a zero unless an extension is negotiated and approved by the instructor in advance of the assignment due date.

Request for Extensions: Requests must be made at least **72 hours** before the assignment due date. Requests will be reviewed on a situation-by-situation bases. If an assignment is submitted after an approved extension, the assignment will be subject to the full late penalties based on the original due date as though no extension was granted.

Missed In-Class Assignments: If you miss an in-class assignment due to unforeseen circumstances, you may request to make it up. However, a make-up assignment is not guaranteed and will be offered at the instructor's discretion

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.

Delete the program handbooks that do not apply to this course

[CFCS Program Handbook](#)

[EACS Program Handbook](#)

[ELC Program Handbook](#)

[IMHA Program Handbook](#)

[MHA Program Handbook](#)

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.