

# CLASS SYLLABUS



COURSE TITLE: HLTH 116: Health and Disability  
CLASS SECTION: X01  
TERM: F2022  
COURSE CREDITS: 3  
DELIVERY METHOD(S): Online or Blended

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

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

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*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

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NAME: Asha Rao  
EMAIL: [RaoA@camosun.ca](mailto:RaoA@camosun.ca)  
OFFICE: CHW Building  
HOURS: Office Hours: by appointment and 1pm-2pm Wednesdays

*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

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Students will be introduced to health and wellness in the context of disability using a holistic framework through the lens of diversity and inclusion. There will be a focus on wellness guided by the belief that health is more than the absence of disease. Current perspectives of the many dimensions of well-being will be explored to support the personal well-being of individuals with disabilities. Students will examine concepts of how the wellness of others is enhanced by using creative, respectful, people-centered practice that values personal choice, culture, and quality of life. Students will reflect on their personal wellness and explore strategies and resources to support a healthy professional practice. Life style changes that focus on self-direction and how individuals with disabilities can resume power over their own health in all areas will be emphasized.

PREREQUISITE(S): One of: C in English 12, ENGL 091, ENGL 092, ENGL 103, ENGL 142, ELD 092, ELD 097, ELD 103  
CO-REQUISITE(S): n/a  
PRE/CO-REQUISITE(S): n/a

## COURSE DELIVERY

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ACTIVITY	HOURS / WEEK	# OF WEEKS	ACTIVITY HOURS
Lecture	3	15	45
Seminar			

Lab / Collaborative Learning  
 Supervised Field Practice  
 Workplace Integrated Learning  
 Online

12		12
<b>TOTAL HOURS</b>		<b>57</b>

### COURSE LEARNING OUTCOMES

Upon successful completion of this course, students will be able to:

- a) Demonstrate safe, effective, and respectful person-directed care with children, youth, and adults with disabilities.
- b) Identify appropriate resources and strategies to support the health and wellness of children, youth, and adults with disabilities.
- c) Apply practice from a culturally safe framework to ensure inclusion and the recognition of diverse needs.
- d) Develop a wellness practice that supports both personal and professional development within the context of understanding disability issues.

### REQUIRED MATERIALS & RECOMMENDED PREPARATION / INFORMATION

All course materials and preparation information will be posted on D2L

### 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.

WEEK or DATE RANGE	ACTIVITY or TOPIC	OTHER NOTES- Always check D2L for each week's readings, activities and how to be prepared for class.
1	Introduction to course D2L Orientation Group Activities	Read Course Outline and Assignments
2	Health Wellness and Disability	Readings and Media Posted on D2L <b>ASSIGNMENT 3-Personal Practice Plan- Intentions Only Due: September 18</b>
3	Personal Care 1	Readings and Media Posted on D2L <b>Sept. 23rd: LAB 1 – Online Zoom</b>
4	Personal Care 2	<b>Learning Summary 1 Due: September 29<sup>th</sup></b>

5	Mental Health and Disability	Readings and Media Posted on D2L
6	Mental Health Supports and Strategies	Readings and Media Posted on D2L  <b>October 14 -LAB 2 IN PERSON</b>
7	Spiritual Wellness	Readings and Media Posted on D2L <b>Learning Summary 2 Due: October 20th</b>
8	Social Capital	Readings and Media Posted on D2L <b>Assignment 2 Due: October 23rd</b>
9	Economic Health	Readings and Media Posted on D2L  <b>November 4 -LAB 3- Online Zoom-</b>
10	Nutritional Health and Habits	<b>Learning Summary 3-Due November 10</b>
11	Assignment 4 Group Work	Readings and Media Posted on D2L <b>LAB 4- in person November 18</b> <b>ASSIGNMENT 4- Overview pages and Visual in D2L November 20</b>
12	Compassion and Empathy	Readings and Media Posted on D2L <b>Assignment 3 Due-November 27</b>
13	Presentations	<b>PRESENTATIONS for Assignment 4 in class</b>
14	Presentations Expressive Approaches	Readings and Media Posted on D2L <b>Learning Summary 4- Due-December 7</b>

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](http://camosun.ca/services/accessible-learning/exams.html). <http://camosun.ca/services/accessible-learning/exams.html>

## STUDENT EVALUATION

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DESCRIPTION		WEIGHTING
Assignment 1- Learning Summaries x4		20
Assignment 2- Case Study Research Paper		25
Assignment 3- Personal Practice Plan		25
Assignment 4- Group Project		30
Labs x4		COM
	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](#) policy for more information.

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

## COURSE GUIDELINES & EXPECTATIONS

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- This is an applied, experiential and multi-sensory course which includes activities and discussion in each class. Students are expected to attend and participate in all classes and activities. Attendance and participation is part of grading criteria for many of the assignments.
- This course is offered online- or in-person. In order to offer the same learning experience and course expectations, during online synchronous classes, students are required to have their videos turned on for any/all class or small group discussions, experiential activities, guest speakers, demonstrations, video and discussion presentations as well as other activities. It is the student's responsibility to ensure they have a reliable wifi connection and the tools to have video, as well as a space to fully engage with activities.
- To receive a final grade in this course, students must complete and submit all assignments. Students must also attend all 4 mandatory labs and complete all lab assignments, activities and requirements both online and in person.
- Students may request an extension for an assignment prior to the due date (minimum 48 hours in advance). Instructors will only grant extensions in exceptional circumstances, and the length of the extension is determined by the instructor. Assignments submitted after a due date that did not receive an extension by the instructor, will receive a deduction of 5% per day. Note: No late assignments will be accepted after the final week of classes.

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## SCHOOL OR DEPARTMENTAL INFORMATION

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[<https://camosun.ca/hhs-handbook>

## STUDENT RESPONSIBILITY

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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

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

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

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### 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](http://camosun.ca/sexual-violence). To contact the Office of Student Support: [oss@camosun.ca](mailto: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.