

CLASS SYLLABUS



COURSE TITLE: HLTH 110 – Health and Wellness in Contemporary Society
CLASS SECTION: 004
TERM: F2022
COURSE CREDITS: 3
DELIVERY METHOD(S): Synchronous

Camosun College campuses are located on the traditional territories of the Ləkʷəŋən and WSÁNEĆ 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

EMAIL: HaynesS@camosun.bc.ca

OFFICE: To be determined on an individual basis

HOURS: To be determined on an individual basis. 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): N/A

PRE/CO-REQUISITE(S): N/A

COURSE DELIVERY

ACTIVITY	HOURS / WEEK	# OF WEEKS	ACTIVITY HOURS
Lecture	3	14	
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) others.
- d) Articulate a personal philosophy for health and wellness that incorporates knowledge of the dimensions of wellness and of the social determinants of health.
- e) d) Use critical thinking skills to evaluate the validity of select health and wellness theories and strategies.
- f) e) Apply knowledge of evidence-based health and wellness strategies to enhance one's quality of life.

COURSE OBJECTIVES AND MAPPED PROFESSIONAL COMPETENCIES

(also known as "sub-outcomes" or "learning objectives")

See above

REQUIRED MATERIALS & RECOMMENDED PREPARATION / INFORMATION

- (a) Texts: Text: Hales, D. & Lauzon, L. (2021). *An invitation to health* (6th Canadian ed.). Toronto, ON: Nelson Education Ltd. Available from the bookstore. Other options: you can buy also buy the eBook from <http://www.nelsonbrain.com/shop/isbn/9780176884932>
- (b) Other: Other: Camosun College. Health 110 –Health and Wellness in Contemporary Society Coursepack (available from the bookstore) NOTE: the coursepack will also be available on D2L.
- (c) Technology: USB flashdrive, integrated computer Web-cam, headset/microphone, scan & upload software.

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 & DATE	ACTIVITY or TOPIC	OTHER NOTES	CLASS PREPARATION (CP) & ASSIGNMENT DUE DATES
WK #1 Thurs. Sept. 8	Introduction to Health 110 An Invitation to Health & Wellness The 7 Dimensions of Wellness Social Determinants of Health	Ch. 1 pp.2-16 & CP/D2L Ch. 16 pp. 430-453	Start Health Assessment (Sept. 9-15) & Nutrition Analysis
WK #2 Thurs. Sept. 15	Making Healthy Changes Part 1: Personal Lifestyle Behaviour Change (PLBC) Goal Setting Behaviour Change Techniques & Strategies	Ch. 1 pp.16-26 & CP/D2L	CP #1 Due Work on Health Assessment Questions & Nutrition Analysis Assignment
WK #3 Thurs. Sept. 22	Making Healthy Changes Part 2: Personal Lifestyle Behaviour Change (PLBC) Goal Setting Behaviour Change Techniques & Strategies	Ch. 1 pp.16-26 & CP/D2L	Health Assessment & Nutrition Analysis Assignment Due
WK #4 Thurs. Sept. 29	Steps to Sleeping Better	Ch. 3 pp. 76-78 & CP/D2L	CP #2 & PLBCA #1-SMART Goals
WK #5 Thurs. Oct. 6	Personal Nutrition Unhealthy Eating Behaviours	Ch. 5 pp.114-141 & CP/D2L Ch.6 pp.158-165 & CP/D2L	CP #3 Due Work on completing PLBCA #1
WK #6 Thurs. Oct. 13	Managing Your Weight for Healthy Living Physical Activity for Physical Literacy, Health, Fitness, & Athletic Performance	Ch. 6 pp.142-166 & CP/D2L Ch. 4 pp.84-112 & CP/D2L	PLBCA #1 Due
WK #7 Thurs. Oct. 20	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 October 24: revisions must be completed before starting if applicable
WK #8 Thurs. Oct. 27	Psychosocial Health Healthy Thinking Explanatory Self-Talk & Health	Ch. 2 pp.30-40 Ch. 1 p. 21 (self-talk) & CP/D2L	CP #4 Due Work on PLBCA #2 Observations
WK #9 Thurs. Nov. 3	Personal Stress Management	Ch. 3 pp. 60-82 & CP/D2L Ch. 17 pp.460-461	CP #5 Due Work on PLBCA #2 Observations

WK #10 Thurs. Nov. 10	Understanding Mental Disorders and Mental Illness	Ch. 2 pp.42-58 & CP/D2L Ch. 7 p. 192	CP #6 Due Work on PLBCA #2 Observations
WK #11 Thurs. Nov. 17	Substance & Non-Substance Use, Misuse & Abuse	Ch. 11 pp.290-323 & CP/D2L	CP #7 Due Work on PLBCA #2 Questions
WK #12 Thurs. Nov. 24	Alcohol and Tobacco Use, Misuse & Abuse	Ch. 12 pp.324-355 & CP/D2L	CP #8 Due
WK #13 Thurs. Dec. 1	Lowering Your Risk of Major Diseases (Cardiovascular Disease, Cancer, & Diabetes) The Spirit of Health & Wellness	Ch. 10 pp.258-289 & CP/D2L Ch. 17 pp.454-471 & CP/D2L	Personal Lifestyle Behaviour Change Assignment #2 Due
WK #14 Thurs. Dec. 8	Personal Lifestyle Behaviour Change Presentations/Discoveries		Presentations

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 noticed is required. Deadlines scan 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

DESCRIPTION	WEIGHTING
Health Assessment & Nutrition Analysis Assignment	10
Personal Lifestyle Behaviours Change Assignment (PLBCA) #1	25
Personal Lifestyle Behaviours Change Assignment (PLBCA) #2	25
Personal Lifestyle Behaviours Change Presentation	10
Class Preparation (CP) Assignments	20
Reflection Assignments	10
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

Course Expectations

Student Attendance & Conduct

- Students are expected to: attend all scheduled classes-meaning the full block of time, arrive online 5-10 minutes prior to the scheduled start time and return from all breaks on time; have done the assigned readings/assignments; and actively participate in all planned activities/discussions.
- Repeated absences, including not attending the full block of time as per the previous bullet, will jeopardize successful completion of the course.
- Late arrivals and all absences must be communicated prior to the beginning of the class.
- Students are required to demonstrate positive interpersonal behaviour, including listening and acknowledging others. Students are also required to demonstrate emotional maturity, respect, and teamwork. Students are also required to be respectful in all online and email communications.

Technology Usage

- The use of a laptop must be approved by instructor and only used for taking notes. It must also be done so as to not distract others.
- While in class and during learning activities, cell phones must be out-of-sight with alerts and ringers turned off. All electronics should have push notifications disabled during class to limit distractions.

Student Assessments: Assignments

- The following assessments must be done in order to complete the HLTH 110 course: Health Assessment & Nutrition Analysis Assignment; Personal Lifestyle Behaviour Change Assignment #1 & #2; and presentation/sharing of the Personal Lifestyle Behaviour Change process. Please refer to the following sections regarding minimum grades and learning outcomes requirement. Instructions for all assignments will be posted on D2L.
- Class Preparation assignments are due at the beginning of each class. See course schedule for due dates. Assignments will not be accepted after a class has been completed. This will be discussed on the first day of classes. Late marks of 5% will apply after the first 5 minutes of class and 10% after 15 minutes or more.
- Final grades on all assignments are non-negotiable.

Health Assessment & Nutrition Analysis Assignment, Personal Lifestyle Behaviour Change Assignments #1 & #2 & Personal Lifestyle Behaviour Change Presentation

- The following assignments must receive a minimum of a "C" grade, and must also meet the course learning outcomes, in order to complete this course: Health Assessment & Nutrition Analysis Assignment; Personal Lifestyle Behaviour Change Assignment #1 and #2; the Personal Lifestyle Behaviour Change presentation.
- Late marks of 5% will apply after the first 5 minutes of class and 10% after 15 minutes or more, followed by 10% per day for the Health Assessment & Nutrition Analysis Assignment and both of the Personal Lifestyle Behaviour Change Assignments #1 & #2.

- 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.

Letter of Accommodation from the Centre for Accessible Learning (CAL)

- Students who have a *Letter of Accommodation* from the Centre for Accessible Learning (CAL) must inform the instructor at the beginning of the term. Students must arrange to have their accommodation letter emailed to the instructor as soon as possible.
- Any identified arrangements by the Centre for Accessible Learning regarding assignment submissions must be discussed and negotiated with the instructor prior to the assignment due date. There are no exceptions to this. Note: due to the time sensitive nature of the Personal Lifestyle Behaviour Change Assignments #1 and #2, extensions for these will not be more than 2-3 days.
- Any other special accommodations must be discussed with the instructor.

SCHOOL OR DEPARTMENTAL INFORMATION

[See School of Health & Human Services Student Handbook]

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

Support Service	Website
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
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.