

CLASS SYLLABUS



COURSE TITLE: HLTH 110 – Health and Wellness in Contemporary Society
CLASS SECTION: D02
TERM: F2022
COURSE CREDITS: 3
DELIVERY METHOD(S): Asynchronous- online

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: Asha Rao

EMAIL: raoa@camosun.ca

OFFICE: online

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

REQUIRED MATERIALS & RECOMMENDED PREPARATION / INFORMATION

Required Materials

(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 just the eBook from <http://www.nelsonbrain.com/shop/isbn/9780176884932> or purchase MindTap, which has the eBook embedded in it, from the bookstore.

(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.

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.

Module/Week RANGE	ACTIVITY or TOPIC	READINGS	<p style="text-align: center;">ASSIGNMENTS</p> <p>Note- All Discussion questions and assignments, except Student Questionnaire, are due on the Sunday of the end of each module. Modules start on the Monday of the week and end on the Sunday of each week of the semester.</p>
Module 1	Course & Student Introduction	CP 2-13	Due: Sept.9: Student questionnaire Discussion 1
Module 2	Social & Personal Determinants of Health, 7 Dimensions of Health,	Ch 1 pp 2-16 CP 19	Begin: Health Journal Reflection #1 Discussion 2
Module 3	Psychosocial Health	Ch. 2 pp.30-40 Ch. 1 p. 21 (self-talk) CP 90-114,127	Due: Sept. 25 Health Journal Discussion 3
Module 4	Healthy Sleep Habits	Ch 2 pp 76-78 CP 38-42	Due: Oct. 2 Reflection #2 Discussion 4
Module 5	Behaviour Change, Goal Setting & PLBC #1 Info	Ch 1 pp 16-26 CP 21-36	Due: Oct. 9 Draft Goals Discussion 5
Module 6	Nutrition	Ch. 5 pp.114-141 & CP/D2L Ch.6 pp.158-165 CP 44	Due: Oct. 16 PLBC #1 Discussion 6
Module 7	Healthy Bodies	Ch 6 142-166 CP 47-61	Due: Oct. 23 Nutrition Analysis
Module 8	Physical Activity for Health & Fitness	Ch 4 84-112 CP 74-88	Begin: PLBC #2 Due: Oct. 30 Reflection #3 Discussion 7
Module 9	Health of the Environment	Ch 16	Work on PLBC #2: Week 1 Discussion 8
Module 10	Stress Management	Ch. 3 pp. 60-82 Ch. 17 pp.460-461 CP 116-125	Work on PLBC #2: Week 2 Discussion 9

Module/Week RANGE	ACTIVITY or TOPIC	READINGS	ASSIGNMENTS Note- All Discussion questions and assignments, except Student Questionnaire, are due on the Sunday of the end of each module. Modules start on the Monday of the week and end on the Sunday of each week of the semester.
Module 11	Understanding Mental Disorders and Mental Illness	Ch 2 pp 42-58 & CP/D2L Ch. 7 p 192	Work on PLBC #2: Week 3 Due: Nov. 20 Reflection #4
Module 12	Spiritual Wellness	Ch 17 454-471 CP 180-182	Finalize your PLBC Discussion 10
Module 13	Response to Substance Use, Misuse and Abuse	Ch 11 & 12 CP 129-168	Due Dec. 4: PLBC # 2
Module 14	Major Disease & Long-Term Wellness	Ch 10 & 15 CP 174-178	

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

DESCRIPTION	WEIGHTING
Health Journal	5%
Behaviour Change Assignment #1	25%
Nutrition Analysis Assignment	5%
Behaviour Change Assignment #2	25%
Reflections (4)	20%
D2L Discussion & Class Contributions	20%
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>

Student Expectations

- Students are expected to work through the course modules weekly and complete tasks as per module. Absence from the online course will significantly impact success in the course.
- Students are required to demonstrate positive interpersonal behaviour for an online learning course which includes reading and acknowledging each other's posts and cultivating respectful online and email communication.

Technology

- It is the student's responsibility to ensure they have a reliable wifi connection and the tools to engage in all activities and assignments in the online course.

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;. Please refer to the following sections regarding minimum grades and learning outcomes requirement. Instructions for all assignments will be posted on D2L.

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

- 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.
- 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.

SCHOOL OR DEPARTMENTAL INFORMATION

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