

# CLASS SYLLABUS



COURSE TITLE: HLTH 110 – Health and Wellness in Contemporary Society

CLASS SECTION: D01

TERM: S2023

COURSE CREDITS: 3

DELIVERY METHOD(S): D2L Online, Asynchronous

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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The COVID-19 pandemic has presented many challenges, and Camosun College is committed to helping you safely complete your education. Following guidelines from the Provincial Health Officer, WorkSafe BC, and the B.C. Government to ensure the health and wellbeing of students and employees, Camosun College is providing you with every possible protection to keep you safe. Our measures include COVID Training for students and employees, health checks, infection control protocols including sanitization of spaces, PPE and ensuring physical distancing. For details on these precautions please follow this link: <http://camosun.ca/covid19/faq/covid-faqs-students.html>. However, if you're at all uncomfortable being on campus, please share your concerns with your Instructor. If needed, alternatives will be discussed.

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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: Graham Frost

EMAIL: [FrostG@camosun.ca](mailto:FrostG@camosun.ca)

OFFICE: Virtual

HOURS: By Appointment, please email.

*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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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 [Click or tap here to enter text.](#)

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			
Seminar			
Lab / Collaborative Learning			
Supervised Field Practice			
Workplace Integrated Learning			
Online	6	7	42
		<b>TOTAL HOURS</b>	<b>42</b>

## COURSE LEARNING OUTCOMES

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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.

## REQUIRED MATERIALS & RECOMMENDED PREPARATION / INFORMATION

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### Required Materials

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.

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

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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	READINGS	ASSIGNMENTS	Worksheets
May 1-5	Course & Student Introduction	CP 24	<b>Due May 7<sup>th</sup>: Health Journal</b> (5 Days of tracking)	Student Questionnaire
	Social & Personal Determinants of Health, 7 Dimensions of Wellness	Ch 1 pp 2-16 CP 2-16		
May 8-12	Behaviour Change & Goal Setting	Ch 1 pp 16-21 CP 21-36	<b>Due May 14<sup>th</sup>: PLBC #1</b>	Draft Goals
	Healthy Sleep Habits	Ch 2 pp 82-86 CP 43-69		
May 15-19	Nutrition	Ch 5 CP 17-22 & 97-113	<b>Due May 21<sup>st</sup>: Nutrition Analysis</b>	
May 23-26	Psychosocial Health	Ch 2 CP 43-69	<b>Due May 28<sup>th</sup>: PLBC #2: Week 1</b> (Begin May 22 <sup>nd</sup> )	Personal Values Checklist
	Stress Management	Ch 3 CP 71-80		Hardiness Survey
May 29- June 2	Physical Activity for Health & Fitness	Ch 4 CP 88-95	<b>Due June 4<sup>th</sup>: PLBC #2: Week 2</b>	Weekly Activity Planner
	Healthy Body Composition/Management	Ch 6 CP 115-148		
June 5-9	Health of the Environment	Ch 16 D2L pdfs	<b>Due June 11<sup>th</sup>: PLBC # 2 Final Report</b>	Land-Based Health Reflection
	Spiritual Wellness	Ch 17 CP 196-198		Health of Human Spirit
June 12-16	Response to Substance Use, Misuse and Abuse	Ch 11 & 12 CP 157-194	<b>June 13-16<sup>th</sup> HLTH 110 Final Quiz</b>	
	Major Disease & Long-Term Wellness	Ch 10 & 15 CP 150-155	<b>Due: June 18<sup>th</sup>: Course Feedback</b>	Major Diseases

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 Journal*	10%
Behaviour Change Assignment #1*	20%
Nutrition Analysis Assignment	5%
Behaviour Change Assignment #2*	25%

DESCRIPTION	WEIGHTING
Final Quiz	15%
Online Collaboration & Reflection	25%
*Requirement to meet the learning outcomes of HLTH 110.	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 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.

### Course Expectations

#### Student Attendance & Conduct

- Students are required to demonstrate emotional maturity, respect, and teamwork. Students are also required to be respectful in all online and email communications.

#### \*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.

## 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>

Support Service	Website
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.