



CAMOSUN COLLEGE
Centre for Sport and Exercise Education

HEALTH 110 Health in Today's World
Winter 2010 EXW (X04) & AET (X05)

COURSE OUTLINE

1. Instructor Information

- (a) **Instructor:** Alyssa O'Connor
- (b) **Office hours:** Mondays 1:30 – 3:30pm or by appointment
- (c) **Office Location:** PISE, Room 312
- (d) **Phone:** 250.220.2552
- (e) **E-mail:** oconnora@camosun.bc.ca

2. Course Description

In this course, you will be exposed to accurate, up-to-date information about topics and issues related to health. We will explore topics such as nutrition, weight management, mental health, stress management, substance use, sexually transmitted infections and birth control. Health/wellness is viewed as an interaction between physical, emotional, social, mental, spiritual, occupational and environmental dimensions, with choices in one dimension affecting all of the others.

In HLTH 110, you will be encouraged to identify choices that contribute to health and those which do not. Guidelines and tools for changing behaviour will be discussed and you will have the opportunity to monitor, understand, and see how you can have an effect on the choices that influence your health. This course takes a practical, personal approach to health promotion.

3. My Teaching Philosophy:

Welcome to Health 110! I am so pleased you are in this course. Although you may look on this class as merely a stepping-stone to furthering your education, I hope you realize as the class proceeds that you will be learning important life-long skills that will help you in other classes, your career, and your personal life. This course does require a commitment from you: a responsibility to attend class and to be prepared with assignments on time. My expectations of you are high because I know what you are capable of.

I base many of my teaching principles on the theories behind a learning-centred class included in the Seven Principles for Good Practice in Undergraduate Education (Chickering & Gamson, 1987). So that you will better understand these principles, I have listed them below:

Good Practice Encourages Student-Faculty Contact

Student-faculty contact promotes motivation and involvement. I want you to know that I am available to you during my office hours, and by phone and e-mail. I cannot know you are having difficulty in the class unless you tell me.

Good Practice Encourages Cooperation among Students

Good learning is collaborative and social, not competitive and isolated. We will be working together as a team, and teamwork requires cooperation from all of a team's members. That means good listening skills as well as good speaking skills.

Good Practice Encourages Active Learning

Students learn most when they are engaged in their own learning by writing, by relating information to past knowledge, and by applying it to their daily lives. I strive not to be a lecturer – I am here to explain new strategies and information, and then together we apply the strategies and ask questions along the way.

Good Practice Emphasizes Time on Task

Students need help in time management, and the instructor can be the best model of that principle. I will stick to the task and use our time wisely; I expect you to do the same.

Good Practice Communicates High Expectations

Expecting students to perform well becomes a self-fulfilling prophecy when teachers and institutions hold high expectations of themselves and make extra efforts.

Good Practice Respects Diverse Talents and Ways of Learning

Students come to the classroom with various learning styles and backgrounds. Providing opportunities for all students to show their talents and to learn in ways most comfortable to them enriches the classroom.

Let's have a fun and rewarding term together!

4. Intended Learning Outcomes

Upon completion of this course, you will be able to:

1. Demonstrate an awareness of all dimensions of health as they effect, and are affected by, lifestyle choices.
2. Identify and assess factors that influence health, based on a sound body of valid and current information.
3. Use an effective planning process to develop an action plan to change behaviour.
4. Demonstrate analytical and critical thinking through implementation of a health-related lifestyle change.

5. Course Materials

- (a) **Recommended:** Donatelle, R.J., Davis, L.G., & Munroe, A.J. (2011). *Health: The Basics (5th Canadian Edition)*. Toronto, Ontario: Pearson Education Canada Inc.
- (b) Health 110 Course Pack

Please note: The textbook is available on reserve at the library. You will require the textbook for some parts of the homework.

6. Course Content and Schedule

- EXW (X04) Lecture: Mondays & Wednesdays 10 - 11:20am
AET (X05) Lecture: Mondays & Wednesdays 12 - 1:20pm

7. Basis of Student Assessment (Weighting)

Health Log & Nutritional Analysis Assignment	10%
Assignment #1	20%
Assignment #2	20%
Test #1	20%
Test #2	15%
Homework	<u>15%</u>
	100%

8. Additional Information

Centre for Sport & Exercise Education (CSEE) Attendance Policy:

The CSEE has elected to institute an Attendance Policy for all classes offered by the CSEE. The CSEE is committed to ensuring instructional effectiveness and academic success for all students. The applied nature of all of our programs requires a strong linkage between the theoretical components, regardless of method of delivery.

- Students absent from class for three days or more due to illness are required to present a certificate from a physician.
- Missing **10% of classes** with unexcused absences from any CSEE course will result in a meeting with the respective instructor.
- Missing **20% of classes** with unexcused absence from any CSEE course will require a meeting with the respective Chair, and may impact the final grade.

An excused absence includes:

- a) Medical certificate
- b) A bonafide intercollegiate trip
- c) Permission of the instructor prior to absence
- d) Compassionate reasons

Attendance will be regularly taken, and the CSEE attendance policy will be strictly enforced in this class.

Late Assignments:

Typed homework assignments (unless filling in pages from the course pack) are due to the D2L dropbox at the start of class on the assigned due date. See the course schedule for due dates. **Late homework will not be accepted after the dropbox has closed without a Dr.'s note.**

All other assignments (Health log, Assignments #1 and #2) are due at the beginning of class on the due date. **Late assignments will not be accepted without a Dr.'s note.**

If you use a resource that is different than the resource given in the homework instructions, make sure that you reference it.

Policy on Cell Phones, PDAs, other Electronic Devices:

Please turn off cell phones, ipods, etc. before entering the classroom. If you answer your phone during class, you will be asked to leave and will be marked absent for that day. This policy will be strictly enforced.

Laptop computers may be used for notetaking only. Please refrain from using the internet for any reason during class. This is distracting and disrespectful to the instructor and your peers.

Exam and Assignment Scheduling Policy:

The course exams and assignments are pre-scheduled by the instructor and written or due as outlined in this course outline.

Students who miss tests, exams or assignments for legitimate reasons such as illness (with a medical note) may be allowed to write a deferred or "make up" exam/assignment. These "make up" assignments and exams will be different than the original. **All other reasons are unexcused and will not be accommodated for.** Students will not receive the associated marks. Students are to be present for the scheduled exam and assignment due dates.

9. Recommended Materials or Services to Assist Students to Succeed Throughout the Course**LEARNING SUPPORT AND SERVICES FOR STUDENTS**

There are a variety of services available for students to assist them throughout their learning. This information is available in the College Calendar, Student Services or the College web site at <http://www.camosun.bc.ca>

CAMOSUN LIBRARY SUPPORT

When you need reliable books, articles and websites for essays and research projects, ask a librarian to help you find suitable items. You can go to the Information Desk in the library, or use the online service called AskAway. There is a link to AskAway, as well as the catalogue and library hours, on the library's homepage at www.camosun.ca/library.

STUDENT CONDUCT POLICY

There is a Student Conduct Policy. It is the student's responsibility to become familiar with the content of this policy. The policy is available in each School Administration Office, Registration, and on the College web site in the Policy Section.

<http://www.camosun.bc.ca/policies/E-2.5.pdf>

Particular attention should be paid to policies regarding academic dishonesty, cheating and plagiarism (available in PDF form at <http://www.camosun.bc.ca/policies/Education-Academic/E-2-Student-Services-&-Support/E-2.5.pdf>)

10. Grading System

Percentage	Grade	Description	Grade Point Equivalency
90-100	A+		9
85-89	A		8
80-84	A-		7
77-79	B+		6
73-76	B		5
70-72	B-		4
65-69	C+		3
60-64	C		2
50-59	D	Minimum level of achievement for which credit is granted; a course with a "D" grade cannot be used as a prerequisite	1
0-49	F	Minimum level has not been achieved.	0

HLTH 110 Course Schedule

Date	Topic	Assignments/Quizzes/Homework
Mon Jan 9	Intro to HLTH 110	
Wed Jan 11	The 7 Dimensions of Health	
Mon Jan 16	Behaviour Change Goal Setting	<i>Start health log assignment</i>
Wed Jan 18	Behaviour Change Lifestyle Change Project	<i>Start Assignment #1</i>
Mon Jan 23	Sleep	HW: #1 due
Wed Jan 25	Nutrition	Health log and nutritional analysis due (10%)
Mon Jan 30	Nutrition	
Wed Feb 1	Nutrition/Weight Management	
Mon Feb 6	Guest Speaker: Katherine Ahokas	ASSIGNMENT #1 Behaviour Change due (20%)
Wed Feb 8	Disordered Eating	
Mon Feb 13	TEST #1	TEST #1 (20%)
Wed Feb 15	No class – Happy Reading Break!	
Mon Feb 20	Psychosocial Health Self Talk	HW: #2 due

Wed Feb 22	Optimism/Pessimism	
Mon Feb 27	Mind Body	
Wed Feb 29	Stress/Stress Management	
Mon Mar 5	Clinical Depression Anxiety	HW: #3 due
Wed Mar 7	Schizophrenia	
Mon Mar 12	Spiritual Health	ASSIGNMENT #2 Lifestyle Project (20%)
Wed Mar 14	Substance Use Alcohol	HW #4 DUE
Mon Mar 19	Substance Use Addiction	
Wed Mar 21	Cardiovascular Disease Cancer	HW #5 DUE
Mon Mar 26	Diabetes	
Wed Mar 28	Diabetes	
Mon Apr 2	Sexually Transmitted Infections Birth Control	
Wed Apr 4	Test review	
Mon Apr 9	NO CLASS – Easter Monday	
Wed Apr 11	TEST #2	TEST #2 (15%)