



**CAMOSUN COLLEGE**  
**School of Health & Human Services**  
**Community, Family & Child Studies**

*HLTH 110*  
*Health in Today's World*  
*Spring 2013*

## **COURSE OUTLINE**

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### **Description:**

This one semester course offers the student information and practical assistance relating to health maintenance and promotion. Health/wellness is viewed as an interaction between physical, emotional, social, mental, spiritual and environmental dimensions, with choices in one dimension affecting all the others.

*Ω Please note: This outline will not be kept indefinitely. It is recommended students keep this outline for their records, especially to assist in transfer credit to post-secondary institutions.*

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### **1. Instructor Information**

**Instructor:**  
**Office Location:**  
**Office Hours:**  
**Phone:**  
**Email:**

### **2. Intended Learning Outcomes**

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

1. Demonstrate an awareness of all dimensions of health as they affect, 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.

### **3. Required Materials**

1. Donatelle, R. J. & Thompson, A. M. (2011). *Health: The Basics* (5<sup>th</sup> Canadian ed.). Toronto, ON: Pearson Canada Inc.
2. *Health 110 Course Pack*

### **4. Course Content and Schedule**

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 sleep, physical activity, nutrition, weight management, mind-body, 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. 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.

## 5. Basis of Student Assessment (Weighting)

Health Log & Nutrition Analysis .....	10%
Assignment # 1 .....	20%
Assignment # 2 .....	20%
Exam # 1 .....	20%
Exam # 2 .....	15%
Homework .....	15%
<b>Total .....</b>	<b>100%</b>

- Scheduled assignments and homework are due at the **beginning of class**. Late assignments and homework will not be accepted without a Dr's or counselor's note.
- In exceptional circumstances, students may arrange with the instructor for an extension of an assignment/ homework **before** the due date. A Dr's or counselor's note may be required. **\*Exams will not be rescheduled without a Dr's or counselor's note.**
- Homework and assignments will not be accepted by email except in exceptional circumstances. If a student is sick, homework or assignments should be emailed to the instructor by the class starting time to demonstrate completion of the homework or assignment. A hard copy will need to be handed in when the student returns to class.
- Students are expected to use respectful behavior and respectful communication, attend classes and complete all assignments and exams.

## 6. Grading System

Standard Grading System (GPA)

Competency Based Grading System

The following two grading systems are used at Camosun College:

### 1. Standard Grading System (GPA)

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		1
0-49	F	Minimum level has not been achieved.	0

## 2. Competency Based Grading System (Non GPA)

This grading system is based on satisfactory acquisition of defined skills or successful completion of the course learning outcomes.

Grade	Description
COM	The student has met the goals, criteria, or competencies established for this course, practicum or field placement.
DST	The student has met and exceeded, above and beyond expectation, the goals, criteria, or competencies established for this course, practicum or field placement.
NC	The student has not met the goals, criteria or competencies established for this course, practicum or field placement.

## 7. 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, through Student Services or on the College website at [www.camosun.ca](http://www.camosun.ca).

### 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, Enrolment Services, and on the College website at [www.camosun.ca/about/policies/policies.html](http://www.camosun.ca/about/policies/policies.html).

*The Department of Community, Family & Child Studies is committed to promoting competence, professionalism and integrity in our students and developing their core skills to succeed throughout their academic programs and in their careers. The purpose of Academic Honesty Guidelines is to provide clear expectations of appropriate academic conduct and to establish processes for discipline in appropriate circumstances. It is the student's responsibility to become familiar with the content and the consequences of academic dishonesty. Before you begin your assignments, review the Academic Policies on the Camosun College website: <http://camosun.ca/learn/becoming/policies.html>*