



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

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

**COURSE OUTLINE**

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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, cognitive, spiritual and environmental dimensions, with choices in one dimension affecting all the others.

⌘ *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:** Sheryl Haynes CDA, B.Ed., M.Ed.  
**Office Hours:** as posted  
**Location:** WT 221  
**Phone:** 250-370-3229  
**Email:** hayness@camosun.bc.ca

**2. Intended Learning Outcomes**

Upon successful completion of this course, the learner 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**

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

*Health 110 Course Pack*

**4. Course Content and Schedule**

In this face to face course, you will be exploring information about topics and issues related to health. We will explore topics such as sleep, physical activity, nutrition, weight management, psychosocial health, stress management, substance use, sexually transmitted infections, birth control, cardiovascular disease, cancer and diabetes. Health/wellness is viewed as an interaction between the 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%         |
| BC Assignment # 1 .....               | 20%         |
| BC 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**. In fairness to all students, assignments handed in **after the first 15 minutes of class will be deducted 50%**. Late assignments and homework will not be accepted without a professional's note.
- In exceptional circumstances, students may arrange with the instructor for an extension of an assignment or homework **before** the due date. A professional's note may be required. 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.
- **Exams will not be rescheduled without a professional's note.**
- Both Behaviour Change Assignments and both exams must be completed in order to pass the course.
- Students are expected to use respectful behavior, respectful communication, and attend classes.

## 6. Grading System - 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 | 0                       |

## 7. Recommended Materials or Services to Assist Students to Succeed Throughout the Course

### Academic Integrity

The School of CFCS is committed to 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 these 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.

Camosun College's Plagiarism: Definition and Consequences Policy (E-2.5.1)

<http://camosun.ca/about/policies/education-academic/e-2-student-services-&-support/e-2.5.1.pdf>

### 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>

### 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/policies.html>