



**CAMOSUN COLLEGE**  
***Centre for Sport and Exercise Education***

***HLTH-110-004 (84747) cross-listed with HLTH-110-X04 (83475)***

***Health in Today's World***  
***WINTER 2015***

**COURSE OUTLINE**

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**1. Instructor Information**

- (a) Instructor:** Allen Lewis
- (b) Office hours:** Wednesdays (10:00-11:00)
- (c) Office Location:** PISE, TBA
- (d) Phone:** 250 TBA (or you can try the front desk at 220 2550)
- (e) E-mail:** [lewisa@camosun.bc.ca](mailto:lewisa@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. Intended Learning Outcomes**

Upon completion of this course, you 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.

#### 4. Course Materials

- (a) **Required:** Hales, D. and Lauzon, L. (2015). *An Invitation to Health (4<sup>th</sup> Canadian Edition)*. Nelson Education
- (b) **Required:** Health 110 Course Pack
- (c) Additional readings and resources will be posted on D2L.

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

#### 5. Course Content and Schedule

Lectures: Wed 8:30-9:50 PISE, Rm 329-B; Fri 8:30-9:50 Liz Ashton Rm 122

#### 6. Basis of Student Assessment (Weighting)

Health Log & Nutrition Analysis	5%
Behaviour Change Major Assignment	40% (Part I 20%; Part II 20%)
Homework	15%
Tests	<u>40%</u> (Test #1 25%; Test #2 15%)
<b>TOTAL</b>	<b>100%</b>

#### 7. Additional Information

##### **Policy on Cell Phones and other Electronic Devices:**

Please turn off cell phones before entering the classroom. Laptop computers may be used for note-taking only. Please refrain from using the internet for any reason during class. This is distracting and disrespectful to the instructor and your peers.

##### **Policy on Homework:**

Typed homework assignments are due to the D2L drop-box at the start of class on the assigned due date. See the course schedule for due dates. **LATE HOMEWORK WILL NOT BE ACCEPTED.**  
**HOMEWORK WILL NOT BE ACCEPTED BY EMAIL OR IN PERSON.**

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

##### **Policy on Assignments:**

All assignments (Health log, BC 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.**

Papers and/or assignments that are deemed unacceptable by the faculty will be returned and receive an automatic 10% deduction on the grading of said item. Papers and/or assignments will receive a 10% per day deduction thereafter. After the 5<sup>th</sup> day the assignment will receive a grade of 0%. Failure to turn in an assignment may result in an incomplete final grade being assigned to the course. Reasons that a faculty may deem an item unacceptable include but are not limited to the following:

- Grammar
- Spelling

- Content
- Punctuation
- Inappropriate referencing/citations

### **Exam and Assignment Scheduling Policy:**

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

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.

## **8. 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](http://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>)

## 9. 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