



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

**HEALTH 110 - 004 ~ Health in Today's World**  
**Fall 2015**

**COURSE OUTLINE**

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**1. Instructor Information**

- (a) **Instructor:** Alyssa O'Connor
- (b) **Office hours:** Wednesdays 12:30 – 1:30pm or by appointment
- (c) **Office Location:** Fisher 314F
- (d) **Phone:** 250.370.3129
- (e) **E-mail:** [aconnora@camosun.bc.ca](mailto:aconnora@camosun.bc.ca)

**2. Course 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.

***\*\*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.***

**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. Required Course Materials**

Hales, D. & Lauzon, L. (2015). *An Invitation to Health* (4<sup>th</sup> Canadian ed.). Toronto, ON: Nelson Education Ltd.

*Health 110 Course Pack*. Camosun College

**\*\*Please make sure to purchase the Course Pack with the Instructor name "Alyssa O'Connor"**

**5. Course Content and Schedule**

Lectures: Wednesdays 9:30am – 12:20pm; Fisher 214

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

Health Log & Nutrition Analysis.....	10%
Behaviour Change Assignment #1.....	20%
Behaviour Change Assignment #2.....	20%
Exam #1.....	15%
Exam #2.....	15%
Homework Assignments.....	10%
Reflections.....	10%
<b>TOTAL.....</b>	<b>100%</b>

**7. Policies**

- Scheduled assignments/homework are due at the **beginning of class**. In fairness to all students, assignments and homework 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 **will** be required.
- Homework and assignments will **not** be accepted by email except in exceptional circumstances. **If a student is sick**, homework or assignments must be emailed to the instructor **by the class starting time** to demonstrate completion of the homework or assignment and a doctor’s note will be required. A hard copy **will** need to be handed in upon returning to class.
- **Exams will not be rescheduled without a professional’s note.**
- **The Health & Nutrition Analysis, both Behaviour Change Assignments, and both exams must be completed in order to complete the course.**
- Students are expected to use respectful behavior, respectful communication, attend classes, and must **not** use cell phones during class.
- Use of a laptop/iPad for note taking must be approved by the instructor.

**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