



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

HLTH 110 Health in Today's World
Spring 2016 Course Outline

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.

1. Instructor Information

Instructor: Sheryl Haynes CDA, B.Ed., M.Ed.

Office: WT 222

Phone: 250-370-3222

Office Hours: as posted and by appointment

Email: sheryl.haynes29@online.camosun.ca

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

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

Camosun College. *Health 110 – Health in Today's World Course Pack*. Fontaine, K. L. (2015).

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 [intellectual], 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 & Nutrition Analysis Assignment	10%
Behaviour Change Assignment # 1	20%
Behaviour Change Assignment # 2	20%
Exam # 1	15%
Exam # 2	15%
Homework Assignments	10%
Reflections	10%
Total	100%

Policies

- Students **are expected** to: attend classes, arrive on time, have done the assigned readings, and participate in all planned activities.
- Repeated absences may jeopardize successful completion of the course.
- Students **are expected** to demonstrate positive interpersonal behaviour in the classroom, including listening and acknowledging others. Students are also expected to demonstrate emotional maturity, respect, and teamwork.
- Students **may not** use cell phones during class. The use of any electronics (laptop, iPad, tablets) **must** be approved by the instructor and may **only** be used for note taking when necessary.
- 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%. If you anticipate a late arrival, in order to not be deducted 50%, assignments **must** be emailed to the instructor.
- Homework/assignments **will not** be accepted by email except in exceptional circumstances. **If a student is sick**, homework/assignments **must** be emailed to the instructor **by the class start time** to demonstrate completion of the homework/assignment, and a doctor's note **will be required**. A hard copy will need to be handed in upon returning to class.
- Late assignments/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.
- Students who have a *Letter of Accommodation* from the Disability Resource Centre may have previously identified arrangements regarding assignment submissions; these arrangements **must** be negotiated with the instructor **prior** to the due date.
- **The following must be done in order to complete the course: Health & Nutrition Analysis Assignment; Behaviour Change Assignments #1 & #2; and Exam #1 & #2.**
- Exams **will not** be rescheduled without a professional's note.

Percentage	Grade	Grade Point Equivalency
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**6. Grading System:
Standard (GPA)**

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 min. level	1
0-49	F	0

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

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.

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

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>