

4. Course Content and Schedule (Subject to change)

Please Bring Text and Coursepack to All Classes

| Dates | Topics | Readings | Homework & Assignment Due Dates |
|-------------------------|--|--|--|
| Wed. May 9 | Introduction to Health 110 An Invitation to Health & Wellness The 7 Dimensions of Wellness Social Determinants of Health | Ch. 1 pp.2-16 Ch. 16 Coursepack | Must start Health & Nutrition Analysis Assign. (May 10-16) |
| Fri. May 11 | Making Healthy Changes Personal Lifestyle Behaviour Change: Goal Setting Behaviour Change Techniques & Strategies | Ch. 1 pp.16-22 Coursepack | HW #1 Due Work on Health & Nutrition Analysis Assignment |
| Wed. May 16 | Steps to Sleeping Better | Ch. 2 p.38 Coursepack | HW #2 Due Start Personal Lifestyle Behaviour Change Assign. #1 (PLBCA #1) Observation Journaling 7-days (May 17-23) |
| Fri. May 18 | Personal Nutrition | Ch. 5 Coursepack | Health & Nutrition Analysis Assignment Due |
| Wed. May 23 | Personal Lifestyle Behaviour Change #1 Assignment Review-Writing Goals and an Action Plan (Bring 7-day observations to class) | Ch. 1 pp.16-22 Coursepack | 7 Days of Observations |
| Fri. May 25 | Managing Your Weight Physical Activity for Fitness & Health | Ch. 6 Ch. 4 Coursepack | HW #3 Due |
| Wed. May 30 | 8:30-9:30am Test #1 9:45-11:20am Personal Lifestyle Behaviour Change Assignment #2 Introduction Unhealthy Eating Behaviour | Ch.6 pp.151-155 Coursepack | Personal Behaviour Change Assignment #1 (PLBCA #1) Due |
| Fri. June 1 | Psychosocial Health Healthy Thinking Mind-Body Connection Explanatory Self-Talk & Health | Ch. 2 pp.31-40 Coursepack | HW #4 Due Complete any revisions to #1 Start PLBCA #2 (June 3-June 16) |
| Wed. June 6 | Personal Stress Management | Ch. 3 Coursepack | HW #5 Work on PLBCA #2 |
| Fri. June 8 | Understanding Mental Health | Ch. 2 pp.41-52 Coursepack | HW#6 Due Work on PLBCA #2 |
| Wed. June 13 | Lowering Your Risk of Major Diseases (CVD, Cancer, & Diabetes) The Spirit of Health & Wellness | Ch. 10 Coursepack Ch. 17 Coursepack | HW #7 Due Work on PLBCA #2 |
| Fri. June 15 | Substance & Non-Substance Use, Misuse & Abuse | Ch. 11 Ch. 12 Coursepack | HW #8 Start PLBCA #2 Questions |
| Wed. June 20 | Sexually Transmitted Infections Birth Control Choices | Ch. 9 pp.237-250 Ch. 8 pp.193-203 Coursepack | Personal Lifestyle Behaviour Change Assignment #2 Due |
| Fri. June 22 | Test #2 8:30-10:00am | | End of HLTH 110 |

5. Basis of Student Assessment (Weighting)

(a) Assignments

| | |
|---|-----|
| Health Assessment & Nutrition Analysis Assignment..... | 10% |
| Personal Lifestyle Behaviour Change Assignment # 1..... | 20% |
| Personal Lifestyle Behaviour Change Assignment # 2..... | 20% |
| Homework Assignments..... | 10% |
| Reflection Assignments..... | 10% |

(b) Tests

| | |
|--------------|-----|
| Test #1..... | 15% |
| Test #2..... | 15% |

6. Grading System

Standard Grading System (GPA)

Competency Based Grading System

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

8. College Supports, Services and Policies



Immediate, Urgent, or Emergency Support

If you or someone you know requires immediate, urgent, or emergency support (e.g. illness, injury, thoughts of suicide, sexual assault, etc.), **SEEK HELP**. Resource contacts @ <http://camosun.ca/about/mental-health/emergency.html> or <http://camosun.ca/services/sexual-violence/get-support.html#urgent>

College Services

Camosun offers a variety of health and academic support services, including counselling, dental, disability resource centre, help centre, learning skills, sexual violence support & education, library, and writing centre. For more information on each of these services, visit the **STUDENT SERVICES** link on the College website at <http://camosun.ca/>

College Policies

Camosun strives to provide clear, transparent, and easily accessible policies that exemplify the college's commitment to life-changing learning. It is the student's responsibility to become familiar with the content of College policies. Policies are available on the College website at <http://camosun.ca/about/policies/>. Education and academic policies include, but are not limited to, Academic Progress, Admission, Course Withdrawals, Standards for Awarding Credentials, Involuntary Health and Safety Leave of Absence, Prior Learning Assessment, Medical/Compassionate Withdrawal, Sexual Violence and Misconduct, Student Ancillary Fees, Student Appeals, Student Conduct, and Student Penalties and Fines.

Course Policies & Conditions

- Students are expected to: attend classes-meaning the full block of time, arrive on time, have done the assigned readings/assignments, and actively participate in all planned activities.
- Repeated absences, including not attending the full block of time, will jeopardize successful completion of the course.
- Students are required to demonstrate positive interpersonal behaviour in the classroom, including listening and acknowledging others. Students are also required to demonstrate emotional maturity, respect, and teamwork. Students are also required to be respectful in all email communications.
- 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. All other items of distraction are not permitted.
- Scheduled homework assignments are due at the beginning of class. In fairness to all students, assignments handed in after the first 5 minutes of class will be deducted 5%.
- Homework assignments will not be granted a grade if absent from the class in which it is due. Details of this will be provided on the first day of classes.
- Homework assignments will not be granted a grade after a class has been completed in which the student is present. Details of this will be provided on the first day of classes.
- If an absence is due to illness, personal issues, or an exceptional circumstance, the assignment must be emailed to the instructor by the start time of the class to demonstrate that it has been completed, and a note from a doctor or a professional will be required. A hard copy will need to be handed in upon returning to the college.
- All missed homework assignments must be completed in order to demonstrate the learning outcomes.
- The following must be done in order to complete the course: Health Assessment & Nutrition Analysis Assignment; Personal Lifestyle Behaviour Change Assignment #1 & #2; and, Test #1 & #2. In exceptional circumstances, students may arrange with the instructor for an extension of the assignments noted in this bullet before the due date. A note from a doctor/professional will be required otherwise late marks will apply. No assignment listed above will be accepted after one calendar week after the due date resulting in not receiving a final grade for the course.
- The following assignments must receive a minimum of a "C" grade, and must also meet the course learning outcomes, in order to complete this course: Health Assessment & Nutrition Analysis Assignment and the Personal Lifestyle Behaviour Change Assignment #1 and #2.
- Students who have a *Letter of Accommodation* from the Centre for Accessible Learning must provide a copy of this letter to the instructor at the beginning of the term, or when it is received by the student. Any identified arrangements by the Centre for Accessible Learning regarding assignment submissions must be discussed and negotiated with the instructor prior to the assignment due date.
- No outstanding assignments will be accepted after the last day of classes.
- Final grades on all assignments are non-negotiable.
- Tests will not be rescheduled without a doctor or professional's note.

A. GRADING SYSTEMS <http://www.camosun.bc.ca/policies/policies.php>

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. |

B. Temporary Grades

Temporary grades are assigned for specific circumstances and will convert to a final grade according to the grading scheme being used in the course. See Grading Policy at <http://www.camosun.bc.ca/policies/E-1.5.pdf> for information on conversion to final grades, and for additional information on student record and transcript notations.

| Temporary Grade | Description |
|-----------------|---|
| I | <i>Incomplete:</i> A temporary grade assigned when the requirements of a course have not yet been completed due to hardship or extenuating circumstances, such as illness or death in the family. |
| IP | <i>In progress:</i> A temporary grade assigned for courses that are designed to have an anticipated enrollment that extends beyond one term. No more than two IP grades will be assigned for the same course. |
| CW | <i>Compulsory Withdrawal:</i> A temporary grade assigned by a Dean when an instructor, after documenting the prescriptive strategies applied and consulting with peers, deems that a student is unsafe to self or others and must be removed from the lab, practicum, worksite, or field placement. |