



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

HLTH 110 – B004 & BX05 - Health and Wellness in Contemporary Society
Winter 2018 Course Outline

Description

In this course, learners are introduced to a holistic perspective of health and wellness that incorporates physical, social, intellectual, environmental, and spiritual dimensions. Well-being is explored within the context of the social determinants of health. Learners will use course knowledge to develop a health and wellness plan that will enhance their quality of life.

1. Instructor Information

Instructor: Alyssa O'Connor, MSc.

Office: PISE 306

Office Hours: Tues 12:00 – 1:00 PM; Thurs 9:30 – 10:30AM (please email me to make an appointment)

Phone: 250.370.4723

Email: oconnora@camosun.ca

Please note: I am currently working 50% and my working days will be Tues – Thurs. I cannot guarantee a response to you outside of these days.

2. Intended Learning Outcomes

Upon successful completion of this course a student will be able to:

1. Explain how select social, cultural, economic, and environmental factors impact the health and well-being of Canada's peoples.
2. Describe the dimensions of wellness and explain the ways in which these are experienced by self and others.
3. Articulate a personal philosophy for health and wellness that incorporates knowledge of the dimensions of wellness and of the social determinants of health.
4. Use critical thinking skills to evaluate the validity of select health and wellness theories and strategies.
5. Apply knowledge of evidence-based health and wellness strategies to enhance one's quality of life.

3. Required Materials

Hales, D. & Lauzon, L. (2018). An invitation to health (5th Canadian ed.). Toronto, ON: Nelson Education Ltd. or you can either buy the e-book or the e-chapters one at a time from:

<http://www.nelsonbrain.com/shop/isbn/9780176531539>

Camosun College. Health 110 –Health and Wellness in Contemporary Society
Coursepack (available in the bookstore)

4. Course Hours

Section B04: Tuesdays 10:30 – 11:50am, CBA 271
Thursdays 10:30-11:50am, PISE 329A

Section BX05: Tuesdays 8:30 – 9:50am, PISE 329B
Thursdays 12:00 – 1:50pm, CC 122

Please refer to Course Schedule for breakdown of online vs. face-to-face classes

5. Basis of Student Assessment (Weighting)

Homework Assignments (5 x 3%)	15%
Online Activities (Discussions, quizzes, etc)	15%
Behaviour Change Major Project (Part 1 15%; Part 2 20%)	35%
Exams (Exam #1 20%; Exam #2 15%)	<u>35%</u>
TOTAL	100%

6. Policies

- Late assignments will be accepted with a penalty of 15% per day, including weekends.
- In **exceptional** circumstances, students may arrange with the instructor for an extension of an assignment **before** the due date. A professional's note **will** be required.
- Homework assignments are due by the deadline in the D2L dropbox. Late homework assignments **will not** be accepted and students will not receive the associated marks. Homework assignments will not be accepted by email.
- **Exams will not be rescheduled without a professional's note.**

Student Professional Standards

1. Students are expected to exhibit polite, mature and respectful behaviour in class (lectures, labs, seminars or practicums) and actively participate as needed.
2. Students are expected to arrive for class on time. This is especially critical when there are guest speakers for the class concerned. If students are late for a valid reason they should enter by the door at the back of the classroom, if available, with materials out and ready to be used.
3. Students are expected to not wear headphones or earbuds in class. Cell phones, laptops and tablets should only be used at the discretion of the instructor. The consequences of inappropriate cell phone, laptop or tablet use may include a request to leave the classroom and/or potential forfeiture of class participation marks, if applicable. If cell phones must be used or checked during class, please leave the room to do so.
4. Students are expected to conduct themselves in a manner that maximizes the learning of all students. If students are distracting other members of class they will be asked to leave the classroom. Please wait until a class break to take garbage or recyclables to the appropriate bins.
5. Students are expected to dress appropriately for the class/lab concerned. If making a presentation in class, students are expected to dress as though making a presentation at an important job interview.

6. Students are expected to maintain good personal hygiene standards for all classes. If students have been active immediately prior to a class/lab, they should make an attempt to shower/wash prior to attending class and/or change into clean dry clothing/shoes. Please be considerate to others and do not wear overpowering perfumes or scents.
 7. Students should not expect instructors, instructional assistants, or any other CSEE staff to answer emails after 5pm or on weekends. While many instructors will check email occasionally after-hours, this is at their discretion and cannot be guaranteed.
- 7. 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.

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>)

8. 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