



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

**HLTH 110-Health and Wellness in Contemporary Society
Winter 2018-Sections X01 & 001 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.

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 B.Ed., M.Ed.

Office: WT 222

Phone: 250-370-3222

Office Hours: arranged by appointment

Email: sheryl.haynes29@online.camosun.ca

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/9780176657192>

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

4. Course Content and Schedule (schedule subject to change)

Please Bring Text and Coursepack (CP) to All Classes

Dates	Topics	Readings	Homework & Assignment Due Dates
Wk #1 Jan. 10	Introduction to Health 110 An Invitation to Health & Wellness The 7 Dimensions of Wellness Social Determinants of Health	Ch. 1 pp.2-16 & CP Ch. 16 & CP	Start Health Assessment & Nutrition Analysis
Wk #2 Jan. 17	Making Healthy Changes Personal Lifestyle Behaviour Change (PLBC) Goal Setting Behaviour Change Techniques & Strategies	Ch. 1 pp.16-26 & CP	HW #1 Due Work on Health Assessment & Nutrition Analysis
Wk #3 Jan. 24	Steps to Sleeping Better	Ch. 2 p.38-39 & CP	Health Assessment & Nutrition Analysis Assignment Due Work on PLBC Assign. #1
Wk #4 Jan. 31	Personal Nutrition	Ch. 5 & CP	HW #2 Due Work on PLBC Assign. #1
Wk #5 Feb. 7	Managing Your Weight Physical Activity for Fitness, Health & Athletic Performance	Ch. 6 & CP Ch. 4 & CP	Personal Lifestyle Behaviour Change Assignment #1 Due
WK #6 Feb. 14	Camosun Reading Break		
Wk #7 Feb. 21	8:30-9:30am Test #1 9:45-11:20am Personal Lifestyle Behaviour Change Assignment #2 Discussion Unhealthy Eating Behaviour	Ch.6 pp.151-155 & CP	Begin 21 Day Personal Lifestyle Behaviour Change <u>by February 26</u>
Wk #8 Feb. 28	Psychosocial Health Healthy Thinking Explanatory Self-Talk & Health	Ch. 2 pp.30-40 & CP	HW #3 Due Work on PLBC Assign. #2
Wk #9 Mar. 7	Personal Stress Management	Ch. 3 & CP	HW #4 Due Work on PLBC Assign. #2
Wk #10 Mar. 14	Understanding Mental Health	Ch. 2 pp.41-52 & CP	HW #5 Work on PLBC Assign. #2
Wk #11 Mar. 21	Protecting Yourself from Infectious Diseases: Sexually Transmitted Infections Birth Control Choices	Ch. 9 pp.237-250 & CP Ch. 8 pp.193-207 & CP	HW #6 Due Work on PLBC Assign. #2 Write-up
Wk #12 Mar. 28	Substance & Non-Substance Use, Misuse & Abuse Alcohol and Tobacco Use, Misuse & Abuse	Ch. 11 & CP Ch. 12 & CP	Personal Lifestyle Behaviour Change Assignment #2 Due
WK #13 April 4	Lowering Your Risk of Major Diseases (Cardiovascular Disease, Cancer, & Diabetes) The Spirit of Health & Wellness	Ch. 10 & CP Ch. 17 & CP	HW #7
Wk #14 April 11	Test #2 8:30-10:00am		End of Health-110

5. Basis of Student Assessment (Weighting)

Health Assessment & Nutrition Analysis Assignment.....	10%
Personal Lifestyle Behaviour Change Assignment # 1.....	20%
Personal Lifestyle Behaviour Change Assignment # 2.....	20%
Test #1.....	15%
Test #2.....	15%
Homework Assignments.....	10%
Reflection Assignments.....	10%
Total.....	100%

Policies

- 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 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. All other items of distraction are not permitted (i.e. fidget spinners)
- 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. If an absence is due to illness, the assignment must be emailed to the instructor by the start time of the class to demonstrate completion of the assignment, and a doctor's note will be required. A hard copy will need to be handed in upon returning to class.
- 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.
- All missed homework assignments must be completed in order to demonstrate the learning outcomes.
- If you anticipate handing in any of the following assignments late (Health Assessment & Nutrition Analysis Assignment, Personal Lifestyle Behaviour Change Assignment #1 or #2) and have notified the instructor before the due date, 5% per day will be deducted. If the instructor is not consulted before the due date then the assignment will be deducted 10% per day. 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 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 professional's note 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 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.
- Exams will not be rescheduled without a professional's note.

6. Grading System: Standard (GPA)

Percentage	Grade	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 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>