



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

HLTH 110-Section 003
Health & Wellness in Contemporary Society
Fall 2018

COURSE OUTLINE

The calendar description is available on the web @ _____

Ω 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

- (a) **Instructor** Sheryl Haynes B.Ed., M.Ed., IMC
(b) **Office hours** As posted or arranged by appointment
(c) **Location** WT222
(d) **Phone** 250-370-3222 **Alternative:** _____
(e) **E-mail** sheryl.haynes29@online.camosun.ca
(f) **Website** _____

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

- (a) Texts: Hales, D. & Lauzon, L. (2018). *An invitation to health* (5th Canadian ed.). Toronto, ON: Nelson Education Ltd. or you can buy the e-book from:
<http://www.nelsonbrain.com/shop/isbn/9780176657192>
- (b) Other: Camosun College. Health 110 –Health and Wellness in Contemporary Society Coursepack (available in the bookstore) NOTE: coursepack materials will also be made available on D2L.

4. Course Content and Schedule (Subject to change)

Please Bring Text and Coursepack to All Classes

Dates	Topics	Readings	Homework & Assignment Due Dates
Wk #1 Sept. 6	Introduction to Health 110 An Invitation to Health & Wellness The 7 Dimensions of Wellness Social Determinants of Health	Ch. 1 pp.2-16 & CP/D2L Ch. 16 & CP/D2L	Start Health Assessment (Sept. 7-13) & Nutrition Analysis
Wk #2 Sept. 13	Making Healthy Changes Personal Lifestyle Behaviour Change (PLBC) Goal Setting Behaviour Change Techniques & Strategies	Ch. 1 pp.16-26 & CP/D2L	HW #1 Due Work on Nutrition Analysis Assignment Questions
Wk #3 Sept. 20	Steps to Sleeping Better	Ch. 2 p.38-39 & CP/D2L	Health Assessment & Nutrition Analysis Assignment Due Start PLBCA #1 Observations
Wk #4 Sept. 27	Personal Lifestyle Behaviour Change #1 Assignment Instructions Review-writing goals and an action plan (Bring 7-Day Observations to class)		PLBCA #1 (7-Days) of Observations
Wk #5 Oct. 4	Personal Nutrition	Ch. 5 & CP/D2L	HW #2 Due Work on PLBCA #1
WK #6 Oct. 11	Managing Your Weight Physical Activity for Fitness, Health & Athletic Performance	Ch. 6 & CP/D2L Ch. 4 & CP/D2L	Personal Lifestyle Behaviour Change Assignment #1 Due
Wk #7 Oct. 18	9:30-10:30am Test #1 10:45-12:20pm Personal Lifestyle Behaviour Change Assignment #2 Discussion Unhealthy Eating Behaviour	Ch.6 pp.151-155 & CP/D2L	Begin 21 Day Personal Lifestyle Behaviour Change <u>by October 22-</u> <u>Note: revisions must be completed</u> <u>before starting if applicable</u>
Wk #8 Oct. 25	Psychosocial Health Healthy Thinking Explanatory Self-Talk & Health	Ch. 2 pp.30-40 & CP/D2L	HW #3 Due Work on PLBCA #2 Observations
Wk #9 Nov. 1	Personal Stress Management	Ch. 3 & CP/D2L	HW #4 Due Work on PLBCA #2 Observations
Wk #10 Nov. 8	Understanding Mental Health	Ch. 2 pp.41-52 & CP/D2L	HW #5 Work on PLBCA #2 Observations
Wk #11 Nov. 15	Substance & Non-Substance Use, Misuse & Abuse Alcohol and Tobacco Use, Misuse & Abuse	Ch. 11 & CP/D2L Ch. 12 & CP/D2L	HW #6 Due Work on PLBCA #2 Questions
Wk #12 Nov. 22	Protecting Yourself from Infectious Diseases: Sexually Transmitted Infections Birth Control Choices	Ch. 9 pp.237-250 & CP/D2L Ch. 8 pp.193-207 & CP/D2L	Personal Lifestyle Behaviour Change Assignment #2 Due
WK #13 Nov. 29	Lowering Your Risk of Major Diseases (Cardiovascular Disease, Cancer, & Diabetes) The Spirit of Health & Wellness	Ch. 10 & CP/D2L Ch. 17 & CP/D2L	HW #7
Wk #14 Dec. 6	Test #2 9:30-11:00am		End of Health-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.....	15%
Reflection Assignments.....	5%

(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 will not pass this course if absent for more than 3 classes or 9 hours of instruction.
- 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, all assignments handed in after the first 5 minutes of class will be deducted 5% and after 30 minutes or more, late marks will be 10% per day.
- Late arrivals and all absences must be communicated prior to the beginning of the 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.
- 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 in this bullet will be accepted after one calendar week after the due date resulting in not receiving a final grade for the course.
- Late marks of 5% will apply after the first 5 minutes of class and 10% after 30 minutes or more followed by 10% per day for the Health Assessment & Nutrition Analysis Assignment and both of the Personal Lifestyle Behaviour Change Assignment #1 & #2.
- Tests will not be rescheduled without a doctor or professional's note.
- 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 (CAL) 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.

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.