



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

Fall 2018 - HLTH 110 – Health and Wellness in Contemporary Society
COURSE OUTLINE – 005

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.

Instructor Information

Instructor	Alyssa O'Connor, MSc., CSEP-CEP
Office hours	By appointment (We can arrange a phone or in-person appt)
Location	PISE 306, Interurban Campus (please check in first with reception)
Phone	250.370.4723
E-mail	aconnora@camosun.bc.ca
Website	http://online.camosun.ca (it is expected that you check D2L frequently for announcements).

Overall Course 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.

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.

Class Schedule

Lecture Tuesdays from 1:00pm – 3:50pm in Fisher 302.

**Please see detailed schedule course schedule on D2L.*

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

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

Basis of Student Assessment

Homework Assignments (5 x 4%)	20%
Behaviour Change Major Project (Part 1-20%; Part 2- 20%)	40%
Exams (Exam #1 20%; Exam #2 20%)	<u>40%</u>
TOTAL	100%

Grading System

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 Minimum grade required for courses within the BAET program
50-59	D	1 Minimum level of achievement for which credit is granted at Camosun College
0-49	F	0

Additional Information

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>

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/policies.html>

Student Conduct Policy:

- 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>)

Assignment and Exam Dates:

- Late Behaviour Change assignments (#1 and #2) 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.**

Excused Absence:

- An excused absence includes: a) a medical certificate*; b) an intercollegiate trip; c) permission of instructor prior to absence; and d) compassionate reasons. *Students who cannot participate in class due to illness or a personal matter are required to present a written medical note from their physician. If the student is absent on the day an assignment or exam occurs, a written medical letter from a doctor stating that the student was unable to write the exam/assignment/etc on "DATE OF EXAM/ASSIGNMENT" is required within 72 hours to avoid a zero grade. GENERIC FORM LETTERS STATING THAT A STUDENT WAS "SEEN" by a doctor will not be accepted for an exam deferral.

Policy on Laptops, Calculators and Mobile Phones:

- Respect others and respect your instructors - please turn off your phone!
- While laptops and tablets can be a useful tool for note-taking, they can also cause easy distractions. Please use these devices wisely and limit them to note-taking only.

Office hours:

- Students are free to make an appointment with me at a time that is mutually convenient. Since I am based at Interurban campus, we can arrange a phone appointment if that is more convenient. Another option is to email your question. However, questions sent by email must be brief (think the length of a tweet). If it is impossible by the nature of the question for me to keep my response brief, I will ask you to make an appointment.
- I will not guarantee that I will be checking emails over the weekend or after 5pm on any day of the week. So if you have an exam on Monday at 10am then you should start your exam preparation before 5pm, Friday!