



Fall 2018 - HLTH 110 – Health and Wellness in Contemporary Society
COURSE OUTLINE – B04

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	Thursdays, 9:30-10:30am (or by appointment)
Location	PISE 306 (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 10:30am-11:50am; PISE 329B and Thursdays from 11:00am-12:20pm in PISE 329B
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**Please see detailed schedule on D2L for dates we are online only*

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*)

Basis of Student Assessment

Homework Assignments (5 x 3%)	15%
Online Activities (Discussions, quizzes, etc)	10%
Behaviour Change Major Project (Part 1-17.5%; Part 2- 22.5%)	40%
Exams (Exam #1 20%; Exam #2 15%)	<u>35%</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 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.

Student Conduct Policy:

- It is the student's responsibility to become familiar with the content of the Student Conduct 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>
- 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>)

Lecture Attendance:

- Students who attend lectures typically do better overall in the course. Do not email me if you cannot attend class even if you have a fairly good reason. You are an adult and responsible for learning content that you miss.

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:

- Drop-in is only available during the posted office hours. Students are also free to make an appointment with me at a time that is mutually 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!