



CAMOSUN COLLEGE

School of Health and Human Services (HHS)
Department: Community, Family & Child Studies – Health UT



[Camosun.ca/hhs-handbook](http://camosun.ca/hhs-handbook)

HLTH 110 Health & Wellness in Contemporary Society Winter 2019

COURSE OUTLINE

The course description is available on the web:
<http://camosun.ca/learn/calendar/current/web/hlth.html#hlth110>

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** Alyssa O'Connor, MSc., CSEP-CEP
(b) **Office hours** Wednesdays 12-1pm or by appointment (please email me to set up)
(c) **Location** PISE Rm 306
(d) **Phone** 250.370.4723 **Alternative:** N/A
(e) **E-mail** oconnora@camosun.bc.ca
(f) **Website** <http://online.camosun.ca>

2. Course Description & Intended Learning Outcomes

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.

Upon successful completion, students will be able to:

- explain how select social, cultural, economic, and environmental factors impact the health and well-being of Canada's peoples.
- describe the dimensions of wellness and explain the ways in which these are experienced by self and others.
- articulate a personal philosophy for health and wellness that incorporates knowledge of the dimensions of wellness and of the social determinants of health.
- use critical thinking skills to evaluate the validity of select health and wellness theories and strategies.
- apply knowledge of evidence-based health and wellness strategies to enhance one's quality of life.

3. Required Materials

- (a) Text: Hales, D. & Lauzon, L. (2018). *An invitation to health* (5th Canadian ed.). Toronto, ON: Nelson Education Ltd. Other option: 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)

4. Course Content and Schedule

Wednesdays 1:30-2:50pm and Fridays 2:30-3:50pm. Some content will be delivered online only and on those weeks we will not have in-person lectures. Check the detailed course schedule for info.

5. Basis of Student Assessment (Weighting)

Health Info Assignment	15%
Homework Assignments (5 x 4%)	20%
Online activities (quizzes, discussions, etc)	10%
Behaviour Change Assignment	20%
Exams (#1 – 20%; #2 – 15%)	35%
TOTAL:	100%

Course Policies & Conditions

Student Attendance & Conduct

- Students are expected to: attend all classes, arrive at scheduled start time and return from all breaks on time; have done the assigned readings/assignments; and actively participate in all planned activities.
- Students who attend lectures typically do better overall in the course. You are an adult and responsible for learning content that you miss. You will need to get this content from a classmate, not me.
- 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.

Technology Usage

- Students may not use cell phones during scheduled class time.
- The use of any electronics (laptop, iPad, tablets) must be approved by the instructor. These may only be used for note taking and may not be used if they are a distraction to the instructor or any of the other students. All other items of distraction are not permitted.

Student Assessments: Assignments & Tests

- The following assessments must be done in order to complete the HLTH 110 course: Behaviour Change Assignment; and, Exam #1 & #2. Instructions for all assignments will be handed out in class and/or posted on D2L.

- Late assignments will be accepted with a penalty of 15% per day, including weekends. Final grades on all assignments are non-negotiable
- 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.
- **Exams will not be rescheduled without a doctor or professional's note.**

Homework Assignments

- 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.**
- Homework assignments must be submitted in PDF or docx format. I cannot open mac documents (pages) on my computer. If I cannot open your assignment, it will not be marked and you will lose marks associated with that assignment.

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, centre for accessibility, help centre, learning skills, sexual violence support & education, library, and writing centre. For more information on each of these services, visit Student Services at <http://camosun.ca/services/>

College Policies

Policies are available on the College website at <http://camosun.ca/about/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.

Education and academic policies include, but are not limited to, [Academic Progress](#), [Admission](#), [Course Withdrawals](#), [Student Appeals](#), Medical/Compassionate Withdrawal, Sexual Violence and Misconduct, Student Ancillary Fees, and Student Penalties and Fines.

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 website.

A. GRADING SYSTEMS

<http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.5.pdf#page=2>

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#page=4> 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.
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