

Hales, D. & Lauzon, L. (2017). An invitation to health (5th Canadian ed.). Toronto, ON: Nelson Education Ltd. ISBN-13:978-0-17-665719-2

Camosun College. Health 110 –Health and Wellness in Contemporary Society Coursepack (available in the bookstore & on D2L Coursepage)

4. Course Content and Schedule

Please Note: This is a live document and subject to change. Updates and changes to the schedule will be posted on D2L and discussed in lecture in advance.

| Week | Date | Topic | Readings | Homework & Assignment Due Dates |
|------|---------|---|--|---|
| 1 | May 7 | Course Introduction Social & Personal Determinants of Health | Ch 1 pp 12-15 | Begin: Health Log & Nutrition Analysis (CP 2-5, 7-15) |
| 2 | May 14 | 7 Dimensions of Health, Behaviour Change & Goal Setting | Text pp 2-11 CP pp 22 Text pp 16-20 CP pp 24-39 | Due: Health Log & Nutrition Analysis Begin: PLBC Part 1 |
| 3 | May 21 | Healthy Sleep Habits | Text pp 38-39 CP pp 41-47 | Due: HW # 1 |
| 4 | May 28 | Nutrition Part 1 Food Labels | Ch 5 CP pp 49 | Due: PLBC #1 |
| 5 | June 4 | Nutrition Part 2 & Review | Ch 5 CP pp 49 | Due: HW #2 |
| 6 | June 11 | Exam # 1 PLBC Assistance | | Begin: PLBC #2 |
| 7 | June 18 | Physical Activity for Health & Fitness | Ch 4 CP pp 77-91 | Due: HW # 3 & PLBC #2 |
| 8 | June 25 | Stress Management Psychosocial Health | CP 119-128 Text Ch 3 CP pp 93-117 Text Ch 2 | Due: HW # 4 |
| 9 | July 2 | Spiritual Health, PLBC #2 Workshop | Text Ch 17 CP pp 183-185 | Begin PLBC #3 21 Day Observations |
| 10 | July 9 | Healthy Weight Management | Ch 6 CP pp 52-75 | Due: HW # 5 PLBC #3: Week 1 |
| 11 | July 16 | Mental Health Response to Substance Use, Misuse and Abuse | Ch 3 CP pp 130 Ch 11 & 12 CP pp 132-171 | PLBC #3: Week 2 |
| 12 | July 23 | Community Resources: Island Sexual Health Narcotics Anonymous | CP pp 173-175 Text pp 173-179, 191-209, 237-244 | PLBC #3: Week 3 |

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|----|---------|------------------------------------|------------------------|--------------------------------|
| 13 | July 30 | Chronic Disease & Wellness, Review | Ch 10 CP pp 177-181 | Due: PLBC # 3 |
| 14 | Aug. 6 | Exam #2 | | |

5. Basis of Student Assessment (Weighting)

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|---|-------------|
| Health & Nutrition Analysis Assignment..... | 10% |
| Behaviour Change Assignment # 1..... | 10% |
| Behaviour Change Assignment # 2..... | 15% |
| Behaviour Change Assignment # 3..... | 20% |
| Exam #1..... | 15% |
| Exam #2..... | 15% |
| Homework Assignments..... | 15% |
| Total..... | 100% |

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. |

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| 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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