Camosun.ca/hhs-handboo

CAMOSUN COLLEGE



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

HLTH 110 Health & Wellness in Contemporary Society Summer 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 Graham Frost

(b) Office hours Tuesdays 11-12:00 Or by appointment.

(c) Location Fisher 314F & PISE 114A

(d) Phone (250) 370-4738 Alternative:

(e) E-mail frostg@camosun.ca
(f) Website Camosun Online: D2L

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:

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

3. Required Materials

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.

		Tonia		
Week	Date	Topic	Readings	Homework & Assignment
			01.4.40.45	Due Dates
1	May 7	Course Introduction	Ch 1 pp 12-15	Begin: Health Log &
		Social & Personal		Nutrition Analysis
		Determinants of Health		(CP 2-5, 7-15)
2	May 14	7 Dimensions of	Text pp 2-11	Due: Health Log &
		Health, Behaviour	CP pp 22	Nutrition Analysis
		Change & Goal Setting	Text pp 16-20	
			CP pp 24-39	Begin: PLBC Part 1
3	May 21	Healthy Sleep Habits	Text pp 38-39	Due:
			CP pp 41-47	HW # 1
4	May 28	Nutrition Part 1	Ch 5	Due:
		Food Labels	CP pp 49	PLBC #1
5	June 4	Nutrition Part 2	Ch 5	Due: HW #2
		& Review	CP pp 49	
6	June 11	Exam # 1		Begin: PLBC #2
		PLBC Assistance		
7	June 18	Physical Activity for	Ch 4	Due:
		Health & Fitness	CP pp 77-91	HW # 3 & PLBC #2
8	June 25	Stress Management	CP 119-128	Due:
		_	Text Ch 3	HW # 4
		Psychosocial Health	CP pp 93-117	
			Text Ch 2	
9	July 2	Spiritual Health,	Text Ch 17	Begin PLBC #3 21 Day
	,		CP pp 183-185	Observations
		PLBC #2 Workshop		
10	July 9	Healthy Weight	Ch 6	Due:
	-	Management	CP pp 52-75	HW # 5
				PLBC #3: Week 1
11	July 16	Mental Health	Ch 3	PLBC #3: Week 2
			CP pp 130	
		Response to	Ch 11 & 12	
		Substance Use,	CP pp 132-171	
		Misuse and Abuse		
12	July 23	Community Resources:	CP pp 173-175	PLBC #3: Week 3
	, -	Island Sexual Health	Text pp 173-	
		Narcotics Anonymous	179, 191-209,	
		1.13.13.110.13.110.13	237-244	
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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)

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, <u>Academic Progress</u>, <u>Admission</u>, <u>Course Withdrawals</u>, <u>Student Appeals</u>, Medical/Compassionate Withdrawal, Sexual Violence and Misconduct, Student Ancillary Fees, and Student Penalties and Fines.

Student Conduct Policy

There is a <u>Student Conduct Policy</u>. 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	Α		8
80-84	A-		7
77-79	B+		6
73-76	В		5
70-72	B-		4
65-69	C+		3
60-64	С		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
СОМ	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	Incomplete: 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	In progress: 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

Compulsory Withdrawal: 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.