

HLTH 110-003 Health & Wellness in Contemporary Society
Fall 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. Students are recommended to keep this outline for their records, especially to assist in transfer credit to post-secondary institutions.

1. Instructor Information

- (a) **Instructor** Sheryl Haynes B.Ed., M.Ed., IMC
(b) **Office hours** As posted or arranged by appointment
(c) **Location** TBA
(d) **Phone** [Click or tap here to enter text.](#) **Alternative:** [Click or tap here to enter text.](#)
(e) **E-mail** Sheryl.haynes29@online.camosun.ca
(f) **Website** [Click or tap here to enter text.](#)

2. 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 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.

3. Required Materials

- (a) Texts: Hales, D. & Lauzon, L. (2018). *An invitation to health* (5th Canadian ed.). Toronto, ON: Nelson Education Ltd. Other options: you can buy just the e-book from <http://www.nelsonbrain.com/shop/isbn/9780176657192> or purchase MindTap, which has the eBook embedded in it, from the bookstore.
- (b) Other: Camosun College. Health 110 –Health and Wellness in Contemporary Society Coursepack (available in the bookstore) NOTE: coursepack materials will also be made available on D2L.

4. Course Content and Schedule

Dates	Topics	Readings	Homework & Assignment Due Dates
WK #1 Sept. 4	Introduction to Health 110 An Invitation to Health & Wellness The 7 Dimensions of Wellness Social Determinants of Health	Ch. 1 pp.2-16 & CP/D2L Ch. 16 & CP/D2L	Start Health Assessment (Sept. 5-Sept. 11 & Nutrition Analysis
WK #2 Sept. 11	Making Healthy Changes Personal Lifestyle Behaviour Change (PLBC) Goal Setting Behaviour Change Techniques & Strategies	Ch. 1 pp.16-26 & CP/D2L	HW #1 Due Work on Health Assessment Questions & Nutrition Analysis Assignment
WK #3 Sept. 18	Steps to Sleeping Better	Ch. 2 p.38-39 & CP/D2L	Health Assessment & Nutrition Analysis Assignment Due
WK #4 Sept. 25	Personal Lifestyle Behaviour Change #1 Assignment Instructions Review-writing goals and an action plan		PLBCA #1-Draft SMART Goals
WK #5 Oct. 2	Personal Nutrition	Ch. 5 & CP/D2L	HW #2 & Work on PLBCA #1
WK #6 Oct. 9	Managing Your Weight Physical Activity for Fitness, Health & Athletic Performance	Ch. 6 & CP/D2L Ch. 4 & CP/D2L	Personal Lifestyle Behaviour Change Assignment #1 Due
WK #7 Oct. 16	12:30-1:30pm Test #1 1:45-3:20pm Personal Lifestyle Behaviour Change Assignment #2 Discussion Unhealthy Eating Behaviour	Ch.6 pp.151-155 & CP/D2L	Begin 21 Day Personal Lifestyle Behaviour Change <u>by October 21: revisions must be completed before starting if applicable</u>
WK #8 Oct. 23	Psychosocial Health Healthy Thinking Explanatory Self-Talk & Health	Ch. 2 pp.30-40 & CP/D2L	HW #3 Due Work on PLBCA #2 Observations
WK #9 Oct. 30	Personal Stress Management	Ch. 3 & CP/D2L	HW #4 Due Work on PLBCA #2 Observations
WK #10 Nov. 6	Understanding Mental Health	Ch. 2 pp.41-52 & CP/D2L	HW #5 Work on PLBCA #2 Observations and start write-up. Refer to the PLBCA #2 assignment instructions.
WK #11 Nov. 13	Substance & Non-Substance Use, Misuse & Abuse Alcohol and Tobacco Use, Misuse & Abuse	Ch. 11 & CP/D2L Ch. 12 & CP/D2L	HW #6 Due Work on PLBCA #2 Write-up

WK #12 Nov. 20	Protecting Yourself from Infectious Diseases: Sexually Transmitted Infections Birth Control Choices	Ch. 9 pp.237-250 & CP/D2L Ch. 8 pp.193-207 & CP/D2L	Personal Lifestyle Behaviour Change Assignment #2 Due
WK #13 Nov. 27	Lowering Your Risk of Major Diseases (Cardiovascular Disease, Cancer, & Diabetes) The Spirit of Health & Wellness	Ch. 10 & CP/D2L Ch. 17 & CP/D2L	HW #7
WK #14 Dec. 4	Test #2 12:30-2:00pm		End of Health-110

5. Basis of Student Assessment (Weighting)

(a) Assignments

Health Assessment & Nutrition Analysis Assignment.....	10%
Personal Lifestyle Behaviour Change Assignment # 1.....	20%
Personal Lifestyle Behaviour Change Assignment # 2.....	20%
Homework Assignments.....	15%
Reflection Assignments.....	5%

(b) Tests

Test #1.....	15%
Test #2.....	15%

6. Grading System

- ☒ Standard Grading System (GPA)
- ☐ Competency Based Grading System

7. Recommended Materials to Assist Students to Succeed Throughout the Course

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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 college policies.

Education and academic policies include, but are not limited to, [Academic Progress](#), [Admission](#), [Course Withdrawals](#), [Grading](#), [Involuntary Health and Safety Leave of Absence](#), [Prior Learning Assessment](#), [Medical/Compassionate Withdrawals](#), [Sexual Violence and Misconduct](#), [Standards for Awarding Credentials](#), [Student Ancillary Fees](#), [Student Appeals](#), and [Student Penalties and Fines](#).

Student Conduct Policy

The [Student Conduct Policy](#) provides clear expectations of appropriate academic and non-academic student conduct and establishes processes for resolution of conduct issues or the imposition of sanctions for inappropriate conduct. It is the student's responsibility to become familiar with the content of this policy.

A. GRADING SYSTEMS

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

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://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.5.pdf> 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.