



# 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 110 003 Health & Wellness in Contemporary Society Winter 2020

### COURSE OUTLINE

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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.*

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#### 1. Instructor Information

- (a) **Instructor**      Graham Frost
- (b) **Office hours**    Wednesdays 1-2pm.
- (c) **Location**        Fisher 314F
- (d) **Phone**            (250) 370-4738 (PISE)
- (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 (5<sup>th</sup> 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.)

### 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	Jan. 8	Course Introduction Social & Personal Determinants of Health	Ch 1 pp 12-15	Begin: Health Log & Nutrition Analysis (CP 2-12)
2	Jan. 15	7 Dimensions of Health  Behaviour Change & Goal Setting	Text pp 2-11 CP pp 19 Text pp 16-20 CP pp 21-36	
3	Jan. 22	Healthy Sleep Habits & PLBC #1	Text pp 38-39 CP pp 38-42	<b>Due: Health Log &amp; Nutrition Analysis</b>
4	Jan. 29	Nutrition & Food Labels	Ch 5 CP pp 44	<b>Due: PLBC #1</b>
5	Feb. 5	Healthy Weight Management & Review	Ch 6 CP pp 47-61	
6	Feb. 12	<b>Exam # 1</b> PLBC #2 Workshop	CP pp 21-36	Begin: PLBC #2
7	Feb. 19	Camosun Reading Break- No Classes		
8	Feb. 26	Stress Management  Psychosocial Health	Text Ch 3 CP 116-125 Text Ch 2 CP pp 90 -114	<b>Due: PLBC #2</b>
9	Mar. 4	Spiritual Health,  PLBC #3 Workshop	Text Ch 17 CP pp 180-182 CP pp 21-36	Begin PLBC #3 21 Day Observations
10	Mar. 11	Physical Activity for Health & Fitness	Ch 4 CP pp 74-88	<b>Due:</b> PLBC #3: Week 1
11	Mar. 18	Mental Health  Response to Substance Use, Misuse and Abuse	Ch 2 pp41-51 CP pp 127 Ch 11 & 12 CP pp 129-168	PLBC #3: Week 2
12	Mar. 25	Community Resources: Island Sexual Health Narcotics Anonymous	CP pp 170 &172 Text pp 173-179, 191-209, 237-244	PLBC #3: Week 3

13	Apr. 1	Chronic Disease & Wellness, Review	Ch 10 CP pp 174-178	<b>Due:</b> <b>PLBC # 3</b>
14	Apr. 8	<b>Exam #2</b>		

## 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%
In-Class Engagement Assignments.....	15%
<b>Total.....</b>	<b>100%</b>

## 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 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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