



CAMOSUN COLLEGE
Health & Human Services
Community, Family & Child Studies

HLTH 110-Section 004
Health & Wellness in Contemporary Society
Fall 2019

COURSE OUTLINE

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

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.

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	Sheryl Haynes B.Ed., M.Ed., IMC
(b) Office hours	As posted or arranged by appointment
(c) Location	TBA
(d) Phone	Alternative: _____
(e) E-mail	sheryl.haynes29@online.camosun.ca
(f) Website	_____

2. Intended Learning Outcomes

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) Text: Hales, D. & Lauzon, L. (2018). *An invitation to health* (5th Canadian ed.). Toronto, ON: Nelson Education Ltd. Other options: you can buy just the eBook 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 (Subject to change)

Please Bring Text and Coursepack to All Classes

Dates	Topics	Readings	Homework & Assignment Due Dates
WK #1 Sept. 3	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. 4-Sept. 10) & Nutrition Analysis Assignment
WK #2 Sept. 10	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. 17	Steps to Sleeping Better	Ch. 2 p. 38-39 & CP/D2L	Health Assessment & Nutrition Analysis Assignment Due
WK #4 Sept. 24	Personal Lifestyle Behaviour Change #1 Assignment Instructions Review-writing goals and an action plan		PLBCA #1-Draft SMART Goals
WK #5 Oct. 1	Personal Nutrition	Ch. 5 & CP/D2L	HW #2 & Work on PLBCA #1
WK #6 Oct. 8	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. 15	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 20: revisions must be completed before starting (if applicable)</u>
WK #8 Oct. 22	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. 29	Personal Stress Management	Ch. 3 & CP/D2L	HW #4 Due Work on PLBCA #2 Observations
WK #10 Nov. 5	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. 12	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. 19	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. 26	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. 3	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

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, disability resource centre, help centre, learning skills, sexual violence support & education, library, and writing centre. For more information on each of these services, visit the **STUDENT SERVICES** link on the College website at <http://camosun.ca/>

College 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. Policies are available on the College website at <http://camosun.ca/about/policies/>. Education and academic policies include, but are not limited to, Academic Progress, Admission, Course Withdrawals, Standards for Awarding Credentials, Involuntary Health and Safety Leave of Absence, Prior Learning Assessment, Medical/Compassionate Withdrawal, Sexual Violence and Misconduct, Student Ancillary Fees, Student Appeals, Student Conduct, and Student Penalties and Fines.

Course Policies & Conditions

Student Attendance & Conduct

- Students are expected to: attend classes-meaning the full block of time, 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.
- Repeated absences, including not attending the full block of time as per the previous bullet, will jeopardize successful completion of the course. Students will not pass this course if absent for more than 3 classes or 9 hours of instruction.
- Late arrivals and all absences must be communicated prior to the beginning of the class.
- 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: Health Assessment & Nutrition Analysis Assignment; Personal Lifestyle Behaviour Change Assignment #1 & #2; and, Test #1 & #2. Refer to the following sections regarding minimum grades and learning outcomes requirement. Instructions for all assignments will be handed out in class and posted on D2L.
- Final grades on all assignments are non-negotiable.

Homework Assignments

- Scheduled homework assignments are due at the beginning of class. In fairness to all students, assignments handed in after the first 5 minutes of class will be deducted 5% and after 15 minutes or more late marks will be 10%. Assignments will not be accepted once the class has been in session for one hour for a grade; these assignments will be recorded as completed.
- Homework assignments will not be granted a grade after a class has been completed in which the student is present. Details of this will be provided on the first day of classes.
- In the case of an absence due to illness, or an exceptional circumstance, the assignment must be emailed to the instructor by the start time of the class to demonstrate that it has been completed, otherwise it will accumulate late marks as noted above, and a note from a doctor or a professional will be required. A hard copy will need to be handed in upon returning to the college.
- All missed homework assignments must be completed in order to demonstrate the learning outcomes. No outstanding homework assignments will be accepted after the last day of classes.

Health Assessment & Nutrition Analysis Assignment and the Personal Lifestyle Behaviour Change Assignments #1 & #2

- The following assignments must receive a minimum of a “C” grade, and must also meet the course learning outcomes, in order to complete this course: Health Assessment & Nutrition Analysis Assignment and the Personal Lifestyle Behaviour Change Assignment #1 and #2.
- Late marks of 5% will apply after the first 5 minutes of class and 10% after 15 minutes or more, followed by 10% per day for the Health Assessment & Nutrition Analysis Assignment and both of the Personal Lifestyle Behaviour Change Assignments #1 & #2.
- No assignment listed in the previous bullet will be accepted after one calendar week after the due date resulting in not receiving a final grade for the course.

Tests #1 & #2

- Tests will not be rescheduled without a doctor or professional's note.

Letter of Accommodation from the Centre for Accessible Learning (CAL)

- Students who have a *Letter of Accommodation* from the Centre for Accessible Learning (CAL) must provide a copy of this letter to the instructor at the beginning of the term.
- Any identified arrangements by the Centre for Accessible Learning regarding assignment submissions must be discussed and negotiated with the instructor prior to the assignment due date. There are no exceptions to this policy. Note: due to the time sensitive nature of the Personal Lifestyle Behaviour Change Assignments, extensions for these will not be more than 2-3 days.
- Any other special accommodations (i.e. note taking, audio recording) must be discussed with the instructor.

A. GRADING SYSTEMS <http://www.camosun.bc.ca/policies/policies.php>

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> 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.