



CAMOSUN COLLEGE

School of Health and Human Services (HHS)

Department: Community, Family
& Child Studies – Health UT

HLTH 110 Health & Wellness in Contemporary Society

Winter 2021-D01-DX01

COURSE OUTLINE

The course description is available on the web:

<http://camosun.ca/learn/calendar/current/web/hlth.html#hlth110>

Camosun College will continue to follow the guidance of the Provincial Health Officer, the B.C. Government and WorkSafeBC, and as such may revise the delivery of courses. Courses with an approved face-to-face component may need to move to online or remote delivery if necessary.

The COVID-19 pandemic has presented many challenges, and Camosun College is committed to helping you safely complete your education. Following guidelines from the Provincial Health Officer, WorkSafe BC and the B.C. Government to ensure the health and wellbeing of students and employees Camosun College is providing you with every possible protection to keep you safe including COVID Training for students and employees, health checks, infection control protocols including sanitization of spaces, PPE and ensuring physical distancing. Please refer to: <http://camosun.ca/covid19/faq/covid-faqs-students.html>
However, if you're at all uncomfortable being on campus, please share your concerns with your Instructor and if needed, alternatives will be discussed.

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 M.Ed., B.Ed., IMC, MBSR-TT
- (b) **Office hours** Will discuss on the first day of class
- (c) **Location** N/A at this time
- (d) **Phone** N/A at this time **Alternative:** N/A
- (e) **E-mail** sheryl.haynes29@online.camosun.ca
- (f) **Website** <http://camosun.ca/learn/calendar/current/web/hlth.html>

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:

1. Explain how select social, cultural, economic, and environmental factors impact the health and well-being of Canada's peoples.
Describe the dimensions of wellness and explain the ways in which these are experienced by self and others.
2. Articulate a personal philosophy for health and wellness that incorporates knowledge of the dimensions of wellness and of the social determinants of health.
3. Use critical thinking skills to evaluate the validity of select health and wellness theories and strategies.
4. Apply knowledge of evidence-based health and wellness strategies to enhance one's quality of life.

3. Required Materials

- (a) Texts: Text: Hales, D. & Lauzon, L. (2021). *An invitation to health* (6th Canadian ed.). Toronto, ON: Nelson Education Ltd. Available from the bookstore. Other options: you can buy just the eBook from <http://www.nelsonbrain.com/shop/isbn/9780176884932> or purchase MindTap, which has the eBook embedded in it, from the bookstore.
- (b) Other: Other: Camosun College. Health 110 –Health and Wellness in Contemporary Society Coursepack (available from the bookstore) NOTE: the coursepack will also be available on D2L.
- (c) Technology: USB flashdrive, integrated computer Web-cam, headset/microphone, scan & upload software.

4. Course Content and Schedule (subject to change)

Please have text and coursepack available for each online class session

Dates	Lecture Topics	Readings	Homework & Assignment Due Dates
WK #1 Tues. Jan. 12	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 pp. 430-453	Start Health Assessment (Jan. 13-19) & Nutrition Analysis
WK #2 Tues. Jan 19	Steps to Sleeping Better	Ch. 3 pp. 76-78 & CP/D2L	HW #1 Due Work on Health Assessment Questions & Nutrition Analysis Assignment
WK #3 Tues. Jan 26	Making Healthy Changes Personal Lifestyle Behaviour Change (PLBC) Goal Setting Behaviour Change Techniques & Strategies	Ch. 1 pp.16-26 & CP/D2L	Health Assessment & Nutrition Analysis Assignment Due
WK #4 Tues. Feb. 2	Personal Nutrition	Ch. 5 pp.114-141 & CP/D2L	HW #2 & PLBCA #1-SMART Goals
WK #5 Tues. Feb. 9	Managing Your Weight for Healthy Living Physical Activity for Physical Literacy, Health, Fitness, & Athletic Performance	Ch. 6 pp.142-166 & CP/D2L Ch. 4 pp.84-112 & CP/D2L	HW #3 Due Work on completing PLBCA #1 Note: Due on Sunday, February 14th Personal Lifestyle Behaviour Change Assignment #1 Due
WK #6	Reading Week-Feb. 16-19		
WK #7 Tues. Feb. 23	8:30-9:30am Test #1 9:45-11:20am Personal Lifestyle Behaviour Change Assignment #2 Discussion Unhealthy Eating Behaviours Lecture	Ch.6 pp.158-165 & CP/D2L	Begin 21 Day Personal Lifestyle Behaviour Change <u>by February 27: revisions must be completed before starting if applicable</u>
WK #8 Tues. Mar. 2	Psychosocial Health Healthy Thinking Explanatory Self-Talk & Health	Ch. 2 pp.30-40 Ch. 1 p. 21 (self-talk) & CP/D2L	HW #4 Due Work on PLBCA #2 Observations

WK #9 Tues. Mar. 9	Personal Stress Management	Ch. 3 pp. 60-82 & CP/D2L Ch. 17 pp.460-461	HW #5 Due Work on PLBCA #2 Observations
WK #10 Tues. Mar. 16	Understanding Mental Disorders and Mental Illness	Ch. 2 pp.42-58 & CP/D2L Ch. 7 p. 192	HW #6 Work on PLBCA #2 Observations
WK #11 Mar. 23	Substance & Non-Substance Use, Misuse & Abuse	Ch. 11 pp.290-323 & CP/D2L	HW #7 Due Work on PLBCA #2 Questions
WK #12 Tues. Mar. 30	Alcohol and Tobacco Use, Misuse & Abuse	Ch. 12 pp.324-355 & CP/D2L	Personal Lifestyle Behaviour Change Assignment #2 Due
WK #13 Tues. April 6	Lowering Your Risk of Major Diseases (Cardiovascular Disease, Cancer, & Diabetes) The Spirit of Health & Wellness	Ch. 10 pp.258-289 & CP/D2L Ch. 17 pp.454-471 & CP/D2L	HW #8
WK #14 Tues. April 13	Test #2 8:30-10:00am		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%

Course Expectations

Student Attendance & Conduct

- Students are expected to: attend all scheduled online classes-meaning the full block of time, arrive online 5-10 minutes prior to the scheduled start time and return from all breaks on time; have done the assigned readings/assignments; and actively participate in all planned activities/discussions.
- Repeated absences, including not attending the full block of time as per the previous bullet, will jeopardize successful completion of the course.
- Late arrivals and all absences must be communicated prior to the beginning of the class.
- Students are required to demonstrate positive interpersonal behaviour online, 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 online and email communications.

Technology Usage

- During class times, cameras are to be on. Microphones are to be muted at the start of the session. Guidance in the use of the technology functions will be reviewed.
- While engaged in the online sessions and learning activities with others, cell phones must be out-of-sight with alerts and ringers turned off. All other electronics should have push notifications disabled during the online sessions to limit distractions.

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 posted on D2L.
- Final grades on all assignments are non-negotiable.

Homework Assignments

- Homework assignments are due at the beginning of the scheduled class and uploaded to the appropriate "Assignment" folder on D2L. In fairness to all students, assignments uploaded after the first 5 minutes of scheduled class time will be deducted 5% and after 15 minutes or more late marks will be 10%.
- Homework assignments will not be granted a grade after a scheduled class session has been completed. Details of this will be provided on the first day of classes.
- In the case of illness, or an exceptional circumstance, the assignment must be uploaded to D2L by the start time of the class to demonstrate that it has been completed, otherwise it will accumulate late marks as noted above. Documentation from a doctor/professional might be required if the assignment cannot be submitted on the due dates according to the topic schedule.

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

Test and Examination Procedures

- There are policies regarding written test and examination procedures including late arrivals and missed tests. Please see the Health and Human Services Student Handbook item 5.4 for Test and Examination Procedures at <http://camosun.ca/learn/school/health-human-services/student-info/index.html>

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 inform the instructor at the beginning of the term. Students must arrange to have their accommodation letter emailed to the instructor as soon as possible.
- 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. Note: due to the time sensitive nature of the Personal Lifestyle Behaviour Change Assignments #1 and #2, extensions for these will not be more than 2-3 days.
- Any other special accommodations must be discussed with the instructor.

6. Grading System

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

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

Review the School of Health and Human Services [Student Handbook](#).

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		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.