



# 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

## COURSE OUTLINE

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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.*

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### 1. Instructor Information

- (a) **Instructor**      Graham Frost
- (b) **Office hours**    .By Appointment, Virtual
- (c) **Location**        [Click or tap here to enter text.](#)
- (d) **Phone**            [Click or tap here to enter text.](#)
- (e) **E-mail**            frostg@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:

- 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. (2018). An invitation to health (6<sup>th</sup> Canadian ed.). Toronto, ON: Nelson Education Ltd. ISBN-13:978-0-17-688493-2

Camosun College. Health 110 –Health and Wellness in Contemporary Society Coursepack (Available in the bookstore OR online D2L.)

### 4. Course Content and Schedule

(Can include: Class hours, Lab hours, Out of Class Requirements and/or Dates for quizzes, exams, lecture, labs, seminars, practicums, etc.) 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	Assignments
1	Jan. 11-15	Course & Student Introduction	CP 2-13	Begin: Health Log & Nutrition Analysis
2	Jan. 18-22	Social & Personal Determinants of Health, 7 Dimensions of Health, Behaviour Change & Goal Setting	Text pp 2-16 CP pp 19 CP pp 21-36	
3	Jan. 25-29	Healthy Sleep Habits <b>Quiz #1</b>	Text pp 76-78 CP pp 38-42	<b>Due: Health Log &amp; Nutrition Analysis</b>
4	Feb. 1-5	Mental Health & PLBC #1 Info	Ch 2 pp 34, 42-55 CP pp 127	PLBC #1 Goal Setting Drafts
5	Feb. 8-12	Nutrition Part 1 PLBC #2 Information	Ch 5 CP pp 44	<b>Due: PLBC #1</b>
6	Feb. 15-19	Reading Break, College Closed		Begin: PLBC #2
7	Feb. 22-26	Nutrition Part 2, Food Labels	Ch 5 CP pp 44	<b>Due: PLBC #2</b>
8	March 1-5	Healthy Weight Management <b>Quiz #2</b>	Ch 6 CP pp 47-61	
9	March 8-12	Physical Activity for Health & Fitness	Ch 4 CP pp 74-88	
10	March 15-19	Psychosocial Health	Ch 2 CP pp 90 -114	PLBC #3: Week 1
11	March 22-26	Stress Management <b>Quiz #3</b>	Ch 3 CP 116-125	PLBC #3: Week 2
12	March. 29-2	Spiritual Health & Sexual Health	Ch 17 CP pp 181-182 Ch 7 & pp 398-402	PLBC #3: Week 3
13	April 5-9	Response to Substance Use, Misuse and Abuse	Ch 11 & 12 CP pp 129-168	<b>Due: PLBC # 3</b>
14	April 12-16	Major Disease & Healthy Aging, PLBC #3 Round table <b>Quiz #4</b>	Ch 10 CP pp 174-178 Ch 15	

## 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%
Module Quizzes (4).....	25%
D2L Discussion Contributions .....	20%
<b>Total.....</b>	<b>100%</b>

### 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>

### Written Assignments

Assignments are due before 2400 hours (midnight) on the assigned day unless otherwise specified. Assignments about patients, residents or clients must be completed using the individual's initials only. Unless otherwise directed by individual course outlines, assignments must be: word processed, double spaced, font meeting APA 7th edition guidelines, with a title page and a reference list. Students requiring an extension for the due date of an assignment must negotiate with the instructor, at least 48 hours before the due date. Assignments submitted late without an approved extension will result in a 5% deduction in mark for each day late.

## 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.
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