



CAMOSUN COLLEGE

School of Health and Human Services (HHS)
Department: Community, Family & Child Studies
Health UT

HLTH 110 D04 & D05 Health & Wellness in Contemporary Society
Online Fall 2020

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, WorkSafeBC and the BC 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** Graham Frost
- (b) **Office hours** By Appointment
- (c) **E-mail** frostg@camosun.ca
- (d) **Website** Camosun Online: D2L

2. Course Description & Intended Learning Outcomes

In this online 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 (6th 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 (PDF copy found on D2L coursepage.)

4. Course Content and Schedule

Please Note: This schedule is 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	Sept. 8-11	Course & Student Introduction	CP 2-13	Begin: Health Log & Nutrition Analysis
2	Sept. 14-18	Social & Personal Determinants of Health, 7 Dimensions of Health, Behaviour Change & Goal Setting	Text pp 2-16 CP pp 19 CP pp 21-36	PLBC #1 Goal Setting Drafts
3	Sept. 21-25	Healthy Sleep Habits Quiz #1	Text pp 76-78 CP pp 38-42	Due: Health Log & Nutrition Analysis
4	Sept. 28-2	Mental Health & PLBC #2 info	Ch 2 pp 34, 42-55 CP pp 127	Due: PLBC #1
5	Oct. 5-9	Nutrition Part 1	Ch 5 CP pp 44	Begin: PLBC #2
6	Oct. 12-16	Nutrition Part 2, Food Labels PLBC #2 info		Due: PLBC #2
7	Oct. 19-23	Healthy Weight Management Quiz #2	Ch 6 CP pp 47-61	
8	Oct. 26-30	Physical Activity for Health & Fitness	Ch 4 CP pp 74-88	
9	Nov. 2-6	Psychosocial Health	Ch 2 CP pp 90 -114	
10	Nov. 9-13	Stress Management Quiz #3	Ch 3 CP 116-125	PLBC #3: Week 1
11	Nov. 16-20	Spiritual Health & Sexual Health	Ch 17 CP pp 181-182 Ch 7 & pp 398-402	PLBC #3: Week 2
12	Nov. 23-27	Response to Substance Use, Misuse and Abuse	Ch 11 & 12 CP pp 129-168	PLBC #3: Week 3
13	Dec. 30-4	Major Disease & Healthy Aging	Ch 10 CP pp 174-178 Ch 15	Due: PLBC # 3
14	Dec. 7-11	PLBC #3 Round table Quiz #4		

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%
Total.....	100%

6. Grading System

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

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

Course Policies & Conditions

Student Attendance & Conduct

- Students are expected to: have done the assigned readings/assignments; and actively participate in all planned D2L discussion activities in a respectful manner.
- Students are required to demonstrate positive interpersonal behaviour in the online 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.

Student Assessments: Assignments & Tests

- The following assessments must be done in order to complete the HLTH 110 course: Health & Nutrition Analysis Assignment; Personal Lifestyle Behaviour Change Assignment #1, #2 & #3. 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.

Personal Lifestyle Behaviour Change Assignments (3)

- The Personal Lifestyle Behaviour Change Assignments #1, #2 & #3 must receive a minimum of a "C" grade, and must also meet the course learning outcomes, in order to complete this course.
- 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.
- Late marks of 5% per day for all HLTH 110 Assignments.

Module Quizzes

- Quizzes 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.

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.