

CLASS SYLLABUS



COURSE TITLE: HLTH 110 – Health and Wellness in Contemporary Society
CLASS SECTION: 002
TERM: F2021
COURSE CREDITS: 3
DELIVERY METHOD(S): Synchronous, Blended

Camosun College campuses are located on the traditional territories of the Ləkʷəŋən and WSÁNEĆ peoples. We acknowledge their welcome and graciousness to the students who seek knowledge here. Learn more about Camosun's [Territorial Acknowledgement](#).

<https://camosun.ca/about/covid-19-updates>

Camosun College requires mandatory attendance for the first class meeting of each course. If you do not attend, and do not provide your instructor with a reasonable explanation in advance, you will be removed from the course and the space offered to the next waitlisted student.

INSTRUCTOR DETAILS

NAME: Jane Reside
EMAIL: ResideJ@camosun.ca
OFFICE: TBD
HOURS: TBD

As your course instructor, I endeavour to provide an inclusive learning environment. However, if you experience barriers to learning in this course, do not hesitate to discuss them with me. Camosun College is committed to identifying and removing institutional and social barriers that prevent access and impede success.

CALENDAR DESCRIPTION

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.

PREREQUISITE(S): One of: C in English 12; C in English First Peoples 12; C in ENGL 091 and ENGL 093; C in ENGL 092; C in ENGL 103; C in ENGL 142; C in ELD 092; C in ELD 097; C in ELD 103
CO-REQUISITE(S): N/A
PRE/CO-REQUISITE(S): N/A

COURSE DELIVERY

ACTIVITY	HOURS / WEEK	# OF WEEKS	ACTIVITY HOURS
Lecture	3	14	42
		TOTAL HOURS	42

COURSE LEARNING OUTCOMES

Upon successful completion of this course a student 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.

REQUIRED MATERIALS & RECOMMENDED PREPARATION / INFORMATION

The following two resources are REQUIRED:

Text: Hales, D. & Lauzon, L. (2021). *An Invitation to Health*. (6th Canadian Ed.), Toronto, ON: Nelson Education Ltd. Available from the bookstore, or as an e-book from www.nelsonbrain.com/shop/isbn/9780176884932, or purchase MindTap, which as the e-book embedded in it, from the bookstore.

Course-Pack (CP): Health 110—Health and Wellness in Contemporary Society. Available from the bookstore in hard copy, or digitally on D2L.

COURSE SCHEDULE, TOPICS, AND ASSOCIATED PREPARATION / ACTIVITY / EVALUATION

The following schedule and course components are subject to change with reasonable advance notice, as deemed appropriate by the instructor.

WEEK & DATE	TOPIC & READINGS	Homework/Assignments
Week 1: Sept.8	Introduction: An Invitation to Health & Wellness, The 7 Dimensions of Wellness, Social Determinants of Health, Environmental Health Text: Chapter 1, p.2–16 and Chapter 16, p. 430–453 CP: p.2–17	Start health assessment & Nutrition Analysis *Start no later than Sept.22 Do the 'How Healthy Are You' quiz
Week 2: Sept. 15	Sleep Text: Chapter 3, p.76–78 CP: p.39–42	Homework #1: DUE
Week 3: Sept.22	Making Healthy Changes Intro to the PLBC (Personal Lifestyle Behaviour Change) Goal Setting Behaviour Change Techniques & Strategies Text: Chapter 1, p.16–30 CP: p.21–36	Health Assessment & Nutrition Analysis Assignment: DUE
Week 4: Sept. 29	PLBC Assignment Instructions (for PLBCA - Part 1) How to write SMART goals, and create an Action Plan	Homework #2: DUE Start drafting your PLBCA - Part 1, and work on SMART goals
Week 5: Oct.6	Personal Nutrition	Homework #3: DUE

WEEK & DATE	TOPIC & READINGS	Homework/Assignments
	Text: Chapter 5, p.114–141 CP: p.47–58 Guest Speaker	
Week 6: Oct.13	Managing your Weight for Healthy Living Physical Activity & Fitness Disordered Eating Text: Chapter 6, p.142–166, and Chapter 4, p.84–112 CP: p.64–72	PLBCA - PART 1: DUE Start drafting your 21-day Action Plan (for Part 2): work in class, in preparation for bringing to class OCT. 20
Week 7: Oct. 20	TEST #1 (MIDTERM): 12:00 – 1:00 PLBCA-Part 2: will go over instructions and discuss 21-day Action Plan	Action Plan reviewed by me for approval
Week 8: Oct. 27	Psychosocial Health Healthy Thinking Patterns Explanatory Self-Talk Text: Chapter 5, p.32–42 CP: p.90–114	Homework #4: DUE In-class time to work on the PLBCA-Part 2
Week 9: Nov.3	Personal Stress Management Text: Chapter 3, p.60–82 CP: p. 116–125	Homework #5: DUE More time to work on the PLBCA-Part 2
Week 10: Nov.10	Mental Health Text: Chapter 2, p.42–59, and Chapter 7, p.192 CP: p.124	Homework #6: DUE
Week 11: Nov.17	Spiritual Health Text: Chapter 2, p.36–37, and Chapter 17, p.454–471 CP: p.180–182	Homework #7: DUE Last chance to work on the PLBCA-Part 2, with questions you may have
Week 12: Nov.24	Substance & Non-substance Use, Misuse, and Abuse Text: Chapter 11, p.290–323, and Chapter 12, p.324–355 CP: p.130–168	PLBCA-Part 2: DUE
Week 13: Dec.1	Lowering your risk of major diseases. Text: Chapter 10, p.258–289 CP: p.174–178	Homework #8: DUE
Week 14: Dec.8	TEST #2 (FINAL): 12:00–2:00 pm	

Students registered with the Centre for Accessible Learning (CAL) who complete quizzes, tests, and exams with academic accommodations have booking procedures and deadlines with CAL where advanced noticed is required. Deadlines scan be reviewed on the [CAL exams page](http://camosun.ca/services/accessible-learning/exams.html). <http://camosun.ca/services/accessible-learning/exams.html>

STUDENT EVALUATION

DESCRIPTION	WEIGHTING
Health Assessment & Nutrition Analysis Assignment	10 %
Personal Lifestyle Behaviour Change Assignment, Part 1	20%
Personal Lifestyle Behaviour Change Assignment, Part 2	20%
Homework Assignments	15%
Reflection Assignments	5%
Test #1 (Midterm)	15%
Test #2 (Final)	15%
TOTAL	100%

If you have a concern about a grade you have received for an evaluation, please come and see me as soon as possible. Refer to the [Grade Review and Appeals](http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.14.pdf) policy for more information.
<http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.14.pdf>

COURSE GUIDELINES & EXPECTATIONS

EXPECTATIONS:

Students are expected to:

- attend classes for the full block of time, arrive at least 5 minutes prior to the scheduled start time and return from all breaks on time.
- have done the assigned readings/assignments, and actively participate in classroom discussions & activities
- demonstrate positive interpersonal behaviour in the classroom, which includes listening respectfully and acknowledging others. Students are also expected to demonstrate emotional maturity, respect and teamwork.
- show respect in all online and e-mail communications with the instructor, each other, and college administration.

Repeated absences, including not staying in class for the full block of time, will jeopardize successful completion of the course. Students will not pass this course if absent for more than 2 classes of instruction, or the equivalent (6 hours of in-class time).

Late arrivals and all absences must be communicated prior to the start of class.

ASSIGNMENTS & TESTS

- The following **MUST** be done to complete the HLTH 110 course:
 - Health Assessment & Nutrition Analysis Assignment
 - PLBCA – Parts 1 and 2
 - Tests 1 (midterm) and 2 (final)
- Final grades on all of these are non-negotiable.

HOMEWORK

- All homework assignments are due at the **beginning** of the scheduled class on the listed due date.
- In fairness to all students, assignments handed in after the first 5 minutes of class time will be deducted 5%, and after 15 minutes or more will be deducted 10%.

- Homework assignments will not be granted a grade if handed in after the scheduled class session has been completed.
- In case of illness, or exceptional circumstances, a homework assignment may be uploaded to D2L by the start time (or before) of the class on its due date, to demonstrate that it has been completed.
- All missed homework assignments must be completed to demonstrate the learning outcomes. No outstanding homework assignments will be accepted after the end of the last class.

Health Assessment & Nutrition Analysis Assignment, and the PLBCA's, Parts 1 and 2:

- These must all receive a minimum of a 'C' grade in order to complete the course.
- Late marks will apply if handed in late: 5% deduction if handed in after the first 5 minutes of class, and 10% deduction after 15 minutes of class.
- An additional 10% **per day** will be deducted if any of these assignments are handed in after the day of their due dates.
- None of these will be accepted after **1 calendar week** following the due date. This will result in **not receiving a final grade for this course**.

TESTS # 1 and #2:

These may not be rescheduled without a doctor or professional's note.

TECHNOLOGY USAGE:

Students may not use cell phones for personal use during scheduled class time.

The use of any electronics (cell phones, iPad, laptop, tablets) must be approved by the instructor, and may only be used for note taking and/or research relevant to the class.

SCHOOL OR DEPARTMENTAL INFORMATION

STUDENT RESPONSIBILITY

Enrolment at Camosun assumes that the student will become a responsible member of the College community. As such, each student will display a positive work ethic, assist in the preservation of College property, and assume responsibility for their education by researching academic requirements and policies; demonstrating courtesy and respect toward others; and respecting expectations concerning attendance, assignments, deadlines, and appointments.

SUPPORTS AND SERVICES FOR STUDENTS

Camosun College offers a number of services to help you succeed in and out of the classroom. For a detailed overview of the supports and services visit <http://camosun.ca/students/>.

Support Service	Website
Academic Advising	http://camosun.ca/advising
Accessible Learning	http://camosun.ca/accessible-learning
Counselling	http://camosun.ca/counselling

Support Service	Website
Career Services	http://camosun.ca/coop
Financial Aid and Awards	http://camosun.ca/financialaid
Help Centres (Math/English/Science)	http://camosun.ca/help-centres
Indigenous Student Support	http://camosun.ca/indigenous
International Student Support	http://camosun.ca/international/
Learning Skills	http://camosun.ca/learningskills
Library	http://camosun.ca/services/library/
Office of Student Support	http://camosun.ca/oss
Ombudsperson	http://camosun.ca/ombuds
Registration	http://camosun.ca/registration
Technology Support	http://camosun.ca/its
Writing Centre	http://camosun.ca/writing-centre

If you have a mental health concern, please contact Counselling to arrange an appointment as soon as possible. Counselling sessions are available at both campuses during business hours. If you need urgent support after-hours, please contact the Vancouver Island Crisis Line at 1-888-494-3888 or call 911.

COLLEGE-WIDE POLICIES, PROCEDURES, REQUIREMENTS, AND STANDARDS

Academic Accommodations for Students with Disabilities

The College is committed to providing appropriate and reasonable academic accommodations to students with disabilities (i.e. physical, depression, learning, etc). If you have a disability, the [Centre for Accessible Learning](#) (CAL) can help you document your needs, and where disability-related barriers to access in your courses exist, create an accommodation plan. By making a plan through CAL, you can ensure you have the appropriate academic accommodations you need without disclosing your diagnosis or condition to course instructors. Please visit the CAL website for contacts and to learn how to get started:

<http://camosun.ca/services/accessible-learning/>

Academic Integrity

Please visit <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.13.pdf> for policy regarding academic expectations and details for addressing and resolving matters of academic misconduct.

Academic Progress

Please visit <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.1.pdf> for further details on how Camosun College monitors students' academic progress and what steps can be taken if a student is at risk of not meeting the College's academic progress standards.

Course Withdrawals Policy

Please visit <http://camosun.ca/about/policies/education-academic/e-2-student-services-and-support/e-2.2.pdf> for further details about course withdrawals. For deadline for fees, course drop dates, and tuition refund, please visit <http://camosun.ca/learn/fees/#deadlines>.

Grading Policy

Please visit <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.5.pdf> for further details about grading.

Grade Review and Appeals

Please visit <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.14.pdf> for policy relating to requests for review and appeal of grades.

Mandatory Attendance for First Class Meeting of Each Course

Camosun College requires mandatory attendance for the first class meeting of each course. If you do not attend, and do not provide your instructor with a reasonable reason in advance, you will be removed from the course and the space offered to the next waitlisted student. For more information, please see the "Attendance" section under "Registration Policies and Procedures" (<http://camosun.ca/learn/calendar/current/procedures.html>) and the Grading Policy at <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.5.pdf>.

Medical / Compassionate Withdrawals

Students who are incapacitated and unable to complete or succeed in their studies by virtue of serious and demonstrated exceptional circumstances may be eligible for a medical/compassionate withdrawal. Please visit <http://camosun.ca/about/policies/education-academic/e-2-student-services-and-support/e-2.8.pdf> to learn more about the process involved in a medical/compassionate withdrawal.

Sexual Violence and Misconduct

Camosun is committed to creating a campus culture of safety, respect, and consent. Camosun's Office of Student Support is responsible for offering support to students impacted by sexual violence. Regardless of when or where the sexual violence or misconduct occurred, students can access support at Camosun. The Office of Student Support will make sure students have a safe and private place to talk and will help them understand what supports are available and their options for next steps. The Office of Student Support respects a student's right to choose what is right for them. For more information see Camosun's Sexualized Violence and Misconduct Policy: <http://camosun.ca/about/policies/education-academic/e-2-student-services-and-support/e-2.9.pdf> and camosun.ca/sexual-violence. To contact the Office of Student Support: oss@camosun.ca or by phone: 250-370-3046 or 250-370-3841

Student Misconduct (Non-Academic)

Camosun College is committed to building the academic competency of all students, seeks to empower students to become agents of their own learning, and promotes academic belonging for everyone. Camosun also expects that all students to conduct themselves in a manner that contributes to a positive, supportive, and safe learning environment. Please review Camosun College's Student Misconduct Policy at <http://camosun.ca/about/policies/education-academic/e-2-student-services-and-support/e-2.5.pdf> to understand the College's expectations of academic integrity and student behavioural conduct.

Changes to this Syllabus: Every effort has been made to ensure that information in this syllabus is accurate at the time of publication. The College reserves the right to change courses if it becomes necessary so that course content remains relevant. In such cases, the instructor will give the students clear and timely notice of the changes.