



WAYS OF WELLNESS - COMMUNITY
IST 172-X17 (61416)
Winter 2012
Jan.9-April 20/12

Instructor: Michele Mundy
Class time: Wednesday 1:00 PM - 3:30 PM
Location: SAEC, 2nd Floor
Office hours: Wednesday, 11:00 AM - 1:00 PM at SAEC / scheduled appt.
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Ways of Wellness - Community

Approved Course Description:

This course examines health and education needs and issues in Aboriginal communities. As well, it provides students with learning and thinking strategies necessary for success in wellness and community leadership programs. Restricted to students in the First Nations College Prep Program.

Approved Learning Outcomes:

After completing IST 172, the student will be able to:

- ◆ Demonstrate knowledge and awareness of the diverse needs and issues of health and education in Aboriginal communities;
- ◆ Demonstrate planning skills to enable use of Interconnected Dimensions of Health and Wellness in community wellness programs;
- ◆ Demonstrate knowledge of the relationship between lifestyle choices and behavioral change;
- ◆ Demonstrate awareness of healthcare priorities within First Nations communities, such as diabetes, smoking, respiratory disease, AIDS/HIV, nutrition, Fetal Alcohol Effect, mental health, suicide, and heart disease;
- ◆ Demonstrate awareness of education priorities within First Nations communities, such as high school completion, early intervention and language/cultural preservation.

Course Evaluation:

Camosun College Grading Scale:

Grades will be assigned as follows.

Percentage	Grade	
90-100	A+	
85-89	A	
80-84	A-	
77-79	B+	
73-76	B	
70-72	B-	
65-69	C+	
60-64	C	
50-59	D	Minimum level of achievement for which credit is granted; a course with a "D" grade cannot be used as a prerequisite.
0-49	F	Minimum level has not been achieved.

For information on Camosun College's grading policy, see the webpage

<http://camosun.ca/about/policies/education-academic/e-1-programming-&-instruction/e-1.5.pdf>

Evaluation criteria:

- *Attendance – 15%*
- *Professionalism & Participation – 15 %*
- 2 short written Assignments 5% each – 10%
- 1 reflection assignment – Transformation- 10%
- Collage on Important elements of health 10%
- Fundraising initiative for Healthy Transitions conference 10%
- Final Project – Business proposal 30%
 - Draft of your proposal 5%
 - Business proposal 15%
 - Instructor evaluation of presentation 5%
 - Peer evaluation, participation in proposal & presentation – 5%

Required text book for second semester:

Block, Peter. (2008). *Community: The structure of belonging*. San Francisco, CA. Berrett-Koehler Inc.

Health and Wellness

TOPICS SCHEDULE

W	Date	Topic	Assigned readings.
1	Jan. 11	Welcome and intro	
2	Jan. 18	Personal health Video: Fight or Flight	Utilizing Medicine Wheel teachings and relationship to daily life choices. Hand out in class, group discussion on First Nations Health across Canada
3	Jan. 25	Emotional wellness & communication & Non-violent communication hand-out	Communication exercises
3	Feb. 1	Identity Video: Club Native	Sharon McIvor Case Essay assignment handed out, regarding personal health, boundary setting, and emotional well-being. Worth 10% of your overall mark.
5	Feb. 8	Racism Guest Speaker – Christine Downing	1st Assignment DUE 2 nd Essay assignment handed out related to presentation by guest speaker on racism. Worth 10% of your overall mark.
6	Feb. 15	Discussion: Introduction to Lateral Violence Possibly Lateral Violence video Criteria for final assignment and presentation handed out	2nd Assignment DUE Start thinking about final assignment. Proposal Writing template handed out in class. Groups formed for Community Program proposal
7	Feb. 22	Lateral Violence	3 rd Essay assignment handed out related to Lateral Violence. Worth 10% of your overall mark.
8	Feb. 29	Collage assignment	Working on Collage
9	March 7	Presentation of collages Working in computer lab	Work on final assignment in your groups Reading assigned from Community

10	March 14	Guest Will Morris	Community Development, Treaty making in BC, & positive community responses to dysfunction
11	March 21	Working Day in Computer lab	Work on final project – Community Proposal
12	March 28	Student presentations	
13	April 4	Student presentations	

- **NOTE** this schedule is subject to change depending upon availability of material, resource people, or learning needs of students.

Suggested Resources/Readings**Six Interconnected Dimensions of Health and Wellness**

Physical - Encourages cardiovascular, flexibility, and strength along with other activities that contribute to a high level of wellness. The physical dimension also encourages knowledge about food and nutrition and discourages use of tobacco, drugs, and excessive alcohol.

Social - Encourages contributing to one's environment, emphasizes interdependence with others and nature and includes the pursuit of harmony in one's family.

Emotional - Emphasizes an awareness and acceptance of one's feelings and involve the capacity to manage feelings and the ability to cope effectively with stress.

Spiritual - Involves seeing the meaning and purpose in human existence. Includes the development of an appreciation for the depth and expanse of life and natural forces that exist within the universe.

Intellectual - Encourages creative and stimulating mental activities. Uses the resources from the intellectual and cultural activities in the classroom and community to expand knowledge and improve skills.

Occupational - Involved in preparing for work in which one will gain personal satisfaction and find enrichment

(Retrieved July 8, 2008 from

http://www.uc.edu/wellness/Wellness_Center/6_Dimensions_of_Wellness.html)

Literature:

Rosenberg, Marshal. excerpts, (2004). *Non-violent communication: A language of life: Create your life, your relationships, and your world in harmony*. Encintas, CA. PaddleDancer Press.

Block, P. (1998), *Community the structure of belonging*, San Francisco, CA. Berrett-Koeler

Recommended Materials or Services to Assist Students to Succeed Throughout the Course***LEARNING SUPPORT AND SERVICES FOR STUDENTS***

There are a variety of services available for students to assist them throughout their learning. This information is available in the College Calendar, Registrar's Office or the College web site at:

<http://www.camosun.ca>

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 web site in the Policy Section, or the College web site at:

<http://camosun.ca/about/policies/education-academic/e-2-student-services-&-support/e-2.5.pdf>

STUDENT GRADING POLICY

A new student grading policy is in effect for students in the School of Access. This information is available in the College Calendar, Registrar's Office or the College web site at:

<http://camosun.ca/about/policies/education-academic/e-1-programming-&-instruction/e-1.5.pdf>

ACADEMIC PROGRESS POLICY

There is an Academic Progress Policy designed to enhance a learner's likelihood of success. Students should become familiar with the content of this policy. The policy is available in each School Administration Office, Registration, and on the College web site in the Policy Section or the College web site at:

<http://camosun.ca/about/policies/education-academic/e-1-programming-&-instruction/e-1.1.pdf>

PLAGIARISM POLICY

There is a plagiarism policy at Camosun College. Students should become familiar with the content of this policy. The policy is available in each School Administration Office, Registration, and on the College web site in the Policy Section or the College web site at: <http://camosun.ca/about/policies/education-academic/e-2-student-services-&-support/e-2.5.1.pdf>