



**CAMOSUN COLLEGE**  
*School of Health & Human Services*  
*Community, Family & Child Studies*

**HLTH 110-Health and Wellness in Contemporary Society**  
**(Formerly called: Health in Today's World)**  
**Winter 2017-003 Course Outline**

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### **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.

*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**

**Instructor:** Sheryl Haynes CDA, B.Ed., M.Ed.

**Office:** WT 222

**Phone:** 250-370-3222

**Office Hours:** arranged by appointment

**Email:** [sheryl.haynes29@online.camosun.ca](mailto:sheryl.haynes29@online.camosun.ca)

### **2. Intended Learning Outcomes**

Upon successful completion of this course a student will be able to:

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

### **3. Required Materials**

Hales, D. & Lauzon, L. (2015). An invitation to health (4<sup>th</sup> Canadian ed.). Toronto, ON: Nelson Education Ltd. or you can either buy the e-book or the e-chapters one at a time from: <http://www.nelsonbrain.com/shop/isbn/9780176531539>

Camosun College. Health 110 –Health and Wellness in Contemporary Society Coursepack (available in the bookstore)

#### 4. Course Content and Schedule (schedule subject to change)

##### Please Bring Text and Coursepack to All Classes

Dates	Topics	Readings	Homework & Assignment Due Dates
<b>Wk #1</b> <b>Jan. 11</b>	Introduction to Health 110 An Invitation to Health & Wellness The 7 Dimensions of Wellness Social Determinants of Health	Ch. 1 pp.2-16 Ch. 16 Coursepack	Start Health & Nutrition Analysis
<b>Wk #2</b> <b>Jan. 18</b>	Making Healthy Changes Goal Setting Behaviour Change Techniques & Strategies	Ch. 1 pp.16-22 Coursepack	<b>HW #1 Due</b> Work on Health & Nutrition Analysis
<b>Wk #3</b> <b>Jan. 25</b>	Steps to Sleeping Better	Ch. 2 p.34 Coursepack	<b>Health &amp; Nutrition Analysis Due</b> Work on BC Assign. #1
<b>Wk #4</b> <b>Feb. 1</b>	Personal Nutrition	Ch. 5 Coursepack	<b>HW #2 Due</b> Work on BC Assign. #1
<b>Wk #5</b> <b>Feb. 8</b>	Healthy Eating for Weight Management Physical Activity for Fitness & Health	Ch. 6 Ch. 4 Coursepack	<b>Behaviour Change Assign. #1 Due</b> Begin 21-Day Behaviour Change
<b>Wk #6</b> <b>Feb. 15</b>	<b>Reading Break</b>		
<b>Wk #7</b> <b>Feb. 22</b>	<b>8:30-9:30am Test #1</b> <b>9:45-11:20am</b> Unhealthy Eating Behaviour	Ch.6 pp.144-149 Coursepack	Continue to work on 21-Day Behaviour Change
<b>Wk #8</b> <b>Mar. 1</b>	Psychosocial Health Healthy Thinking Explanatory Self-Talk & Health	Ch. 2 pp.26-37 Coursepack	<b>HW #3 Due</b> Work on BC Assign. #2
<b>Wk #9</b> <b>Mar. 8</b>	Personal Stress Management	Ch. 3 Coursepack	<b>HW #4 Due</b> Work on BC Assign. #2 questions
<b>Wk.#10</b> <b>Mar. 15</b>	Understanding Mental Health	Ch. 2 pp.37-51 Coursepack	<b>HW #5</b> Work on BC Assign. #2 questions
<b>Wk #11</b> <b>Mar. 22</b>	Substance & Non-Substance Use, Misuse & Abuse	Ch. 11 Ch. 12 Coursepack	<b>Behaviour Change Assign. #2 Due</b>
<b>Wk #12</b> <b>Mar. 29</b>	Sexually Transmitted Infections Birth Control Choices	Ch. 9 pp.231-241 Ch. 8 pp.185-197 Coursepack	<b>HW#6 Due</b>
<b>Wk #13</b> <b>April 5</b>	Lowering Your Risk of Major Diseases (Cardiovascular Disease, Cancer, & Diabetes)  The Spirit of Health & Wellness	Ch. 10 Coursepack  Ch. 17 Coursepack	<b>HW #7 Due</b>
<b>Wk #14</b> <b>April 12</b>	<b>Test #2 8:30-10:00am</b>		<b>End of Health-110</b>

## 5. Basis of Student Assessment (Weighting)

Health & Nutrition Analysis Assignment.....	10%
Behaviour Change Assignment # 1.....	20%
Behaviour Change Assignment # 2.....	20%
Test #1.....	15%
Test #2.....	15%
Homework Assignments.....	10%
Reflections Assignments.....	10%
<b>Total.....</b>	<b>100%</b>

### Policies

- Students are expected to: attend classes-meaning the full block of time, arrive on time, have done the assigned readings/assignments, and actively participate in all planned activities.
- Repeated absences, including not attending the full block of time, will jeopardize successful completion of the course.
- Students are expected to demonstrate positive interpersonal behaviour in the classroom, including listening and acknowledging others. Students are also expected to demonstrate emotional maturity, respect, and teamwork.
- Students may not use cell phones during class. The use of any electronics (laptop, iPad, tablets) must be approved by the instructor and may only be used for note taking when necessary.
- Scheduled assignments are due at the beginning of class. In fairness to all students, assignments handed in after the first 5 minutes of class will be deducted 5%.
- If you anticipate handing in any of the following assignments late (Health & Nutrition Analysis, Behaviour Change Assignment #1 or #2) and have notified the instructor before the due date, 5% per day will be deducted. If the instructor is not consulted before the due date then the assignment will be deducted 10% per day. No assignment listed above will be accepted after one calendar week after the due date resulting in not receiving a final grade for the course.
- Homework assignments will not be granted a grade if absent from the class in which it is due.
- If an absence is due to illness, the assignment must be emailed to the instructor by the start time of the class to demonstrate completion of the assignment, and a doctor's note will be required. A hard copy will need to be handed in upon returning to class.
- In exceptional circumstances, students may arrange with the instructor for an extension of an assignment before the due date. A professional's note will be required otherwise late marks will apply.
- Students who have a *Letter of Accommodation* from the Disability Resource Centre (DRC) must provide a copy of this letter to the instructor at the beginning of the term, or when it is received from the DRC. Any identified arrangements by the DRC

regarding assignment submissions must be negotiated with the instructor prior to the assignment due date.

- The following must be done, and receive a grade, in order to complete the course: Health & Nutrition Analysis Assignment; Behaviour Change Assignment #1 & #2; and, Test #1 & #2.
- Final grades on all assignments are non-negotiable.
- Exams will not be rescheduled without a professional's note.

#### 6. Grading System: Standard (GPA)

Percentage	Grade	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 min. level	1
0-49	F	0

#### 7. Recommended Materials or Services to Assist Students to Succeed Throughout the Course

There are a variety of services available for students to assist them throughout their learning. This information is available in the College Calendar, through Student Services or on the College website at [www.camosun.ca](http://www.camosun.ca).

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, Enrolment Services, and on the College website at [www.camosun.ca/about/policies/policies.html](http://www.camosun.ca/about/policies/policies.html)

*The Department of Community, Family & Child Studies is committed to promoting competence, professionalism and integrity in our students and developing their core skills to succeed throughout their academic programs and in their careers. The purpose of Academic Honesty Guidelines is to provide clear expectations of appropriate academic conduct and to establish processes for discipline in appropriate circumstances. It is the student's responsibility to become familiar with the content and the consequences of academic dishonesty. Before you begin your assignments, review the Academic Policies on the Camosun College website: <http://camosun.ca/learn/becoming/policies.html>*