



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 004/006 Course Outline

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.

1. Instructor Information

Instructor: Alyssa O'Connor, MSc.

Office: PISE 305

Office Hours: Wed 12:30-1:30; Fri 11:30-1:30 (or by scheduled appointment)

Phone: 250.220.2552

Email: oconnora@camosun.bc.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 (4th Canadian ed.). Toronto, ON: Nelson Education Ltd.

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

4. Basis of Student Assessment (Weighting)

Health & Nutrition Analysis Assignment.....	10%
Behaviour Change Assignment # 1.....	17.5%
Behaviour Change Assignment # 2.....	17.5%
Test #1.....	20%
Test #2.....	15%
Homework Assignments.....	10%
Reflections Assignments.....	10%
Total.....	100%

5. Policies

- 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.
- Late assignments will be accepted with a penalty of 25% per day, including weekends.
- 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.
- Homework assignments are due by the deadline in the D2L dropbox. Late homework assignments **will not** be accepted and students will not receive the associated marks. Homework assignments will not be accepted by email.
- **Exams will not be rescheduled without a professional's note.**
- **The Health & Nutrition Analysis, both Behaviour Change Assignments, and both exams must be completed in order to complete the course.**
- Students are expected to use respectful behavior, respectful communication, attend classes, and must not use cell phones during class.

6. 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, Student Services or the College web site at <http://www.camosun.bc.ca>

CAMOSUN LIBRARY SUPPORT

When you need reliable books, articles and websites for essays and research projects, ask a librarian to help you find suitable items. You can go to the Information Desk in the library, or use the online service called AskAway. There is a link to AskAway, as well as the catalogue and library hours, on the library's homepage at www.camosun.ca/library.

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.

<http://www.camosun.bc.ca/policies/E-2.5.pdf>

Particular attention should be paid to policies regarding academic dishonesty, cheating and plagiarism (available in PDF form at <http://www.camosun.bc.ca/policies/Education-Academic/E-2-Student-Services-&-Support/E-2.5.pdf>)

7. Grading System

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	Minimum level of achievement for which credit is granted; a course with a "D" grade cannot be used as a prerequisite	1
0-49	F	Minimum level has not been achieved.	0