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Office: M3049, Markin Hall  
Office phone: (403) 332-4439  
Fax: (403) 329-2668  
Email: chad.witcher@uleth.ca  
Office hours: By appointment (email is preferred method of contact)

COURSE DESCRIPTION:

HLSC 1010, Personal Health and Wellness, presents a critical exploration of health and wellness constructs from a personal perspective. Principles, practices and issues related to health are explored, with a particular emphasis on individual health behaviour.

LEARNING OBJECTIVES:

Through a combination of presentations, guest lectures, videos, discussion and a written assignment, this course aids learners in:

1. Developing and increasing awareness and knowledge of the various factors that contribute to one’s personal health and wellness.

2. Becoming more health literate.

3. Developing an ability to apply various health and wellness promoting principles to her/his everyday life.

4. Becoming more critical consumers of health information.

COURSE FORMAT:

Classes will take place in room TH201 (Turcotte Hall) from 3:05PM to 4:20PM (MST) on Tuesdays and Thursdays, beginning January 10\textsuperscript{th}, 2017 and ending April 6\textsuperscript{th}, 2017 (please see course schedule on page 6).

As necessary, supplementary materials will be posted to the Moodle webpage and/or distributed by email.

REQUIRED TEXT:


EVALUATION:

Your final grade will be based upon your performance on the following (please note values and exam dates/due date):

1. Moodle Exam I (20%): January 31 – February 3, 2017

2. Moodle Exam II (20%): February 28 – March 3, 2017
3. *Group Assignment*¹ (15%): March 21, 2017
5. *Final Exam* (25%): Tuesday, April 18, 2017 (2:00PM-4:00PM)

**NOTE:** The final exam date and time specified above is currently unofficial and subject to change. Please consult the University of Lethbridge Spring 2017 Final Examination Schedule in March to confirm the official date and time.

**GRADING BREAKDOWN:**

The grading system for this course is consistent with that established in the Faculty of Health Sciences, effective May, 2002:

<table>
<thead>
<tr>
<th>Letter</th>
<th>GPA</th>
<th>Percent</th>
<th>Letter</th>
<th>GPA</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>A+</td>
<td>4.0</td>
<td>95 - 100%</td>
<td>C+</td>
<td>2.3</td>
<td>71 - 74.9%</td>
</tr>
<tr>
<td>A</td>
<td>4.0</td>
<td>91 - 94.9%</td>
<td>C</td>
<td>2.0</td>
<td>67 - 70.9%</td>
</tr>
<tr>
<td>A-</td>
<td>3.7</td>
<td>87 - 90.9%</td>
<td>C-</td>
<td>1.7</td>
<td>63 - 66.9%</td>
</tr>
<tr>
<td>B+</td>
<td>3.3</td>
<td>83 - 86.9%</td>
<td>D+</td>
<td>1.3</td>
<td>59 - 62.9%</td>
</tr>
<tr>
<td>B</td>
<td>3.0</td>
<td>79 - 82.9%</td>
<td>D</td>
<td>1.0</td>
<td>55 - 58.9%</td>
</tr>
<tr>
<td>B-</td>
<td>2.7</td>
<td>75 - 78.9%</td>
<td>F</td>
<td>0</td>
<td>0 - 54.9%</td>
</tr>
</tbody>
</table>

**PLAGIARISM STATEMENT:**

The University of Lethbridge subscribes to Turnitin.com, a plagiarism detection service. Please be advised that student work submitted for credit in this course may be submitted to this system to verify its originality. Students must be able to submit both electronic and hard copy versions of their work upon request.

**ACCOMMODATIONS FOR STUDENTS WITH A DISABILITY:**

Reasonable accommodations are available for students who have a documented disability. If you have been diagnosed with a disability, there is no need to face the challenge of University without support. Please contact the Accommodated Learning Centre to set up an appointment at 403-329-2766 [http://www.uleth.ca/ross/counselling/index.html](http://www.uleth.ca/ross/counselling/index.html). After registering with the Accommodated Learning Centre, your instructor will be notified by a formal letter of any accommodations you require. In addition, students are responsible for requesting accommodations from the instructor at least *two weeks* in advance of the evaluation date. The instructor and student are jointly responsible for arranging the resources needed for the evaluation process.

**COPYRIGHT STATEMENT:**

All University of Lethbridge students, faculty and staff must comply with Canadian law and institutional license agreements pertaining to copyright. At the same time, keeping abreast of our copyright obligations and options is a complex task as copyright matters locally and globally are in flux and are likely to remain so for at least the near future.

The University’s Copyright website ([www.uleth.ca/copyright](http://www.uleth.ca/copyright)) is a source of current copyright information that includes:

- answers to common copyright questions (see the FAQs),

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¹ 5% of the 15% total will be determined by your peers’ average rating (ranging from 0/5 to 5/5 – see scale on page 3).
• guidance on whether you need permission or a license to copy a particular work (see the Copyright Permissions Flow Chart),
• guidance on assessing whether fair dealing may apply to specific instances of copying you wish to undertake (see the Guidelines for Copying under Fair Dealing), and
• a permissions look-up tool to help you determine the kinds of copying and other uses permitted by the Library’s license agreements covering specific online journals and other online resources.

You are encouraged to contact the University Copyright Advisor (copyright@uleth.ca) for assistance with any copyright questions or issues.

EVALUATION GUIDELINES:

1. Moodle Exams I, II & III

These exams will consist of multiple choice items drawn from all materials covered as follows:

Moodle Exam I: January 10-26.
Moodle Exam II: February 2-16.
Moodle Exam III: March 2-23.

All students are required to complete each Moodle exam at the Testing Centre on their own time during the range of dates specified on pages 1-2. No other dates/times will be scheduled.

2. Group Assignment

This assignment is to be completed in groups. Group membership will be assigned randomly during the first week of class. The objective of this assignment is to create a one-page (single-spaced) paper which presents a brief description and analysis of a TV or internet advertisement which promotes either physical activity/physical fitness or healthy/nutritious eating. Present a one-paragraph description of the advertisement followed by your critical analysis of the information presented. For example, do you feel the advertisement and information presented is valid? Appropriate? What do you think was good about the advertisement? What was troubling or problematic?

More specific information regarding this assignment’s evaluation will be presented in the form of a rubric at least two weeks prior to the due date.

All students are required to evaluate each group member’s performance based on the following 6-point scale. This feedback is to be emailed to the Teaching Assistant by 5PM MST, March 21, 2017.

• 0 = No contribution
• 1 = Contributed the bare minimum
• 2 = Contribution exceed the bare minimum but inadequate in most areas
• 3 = Contribution adequate but lacking in one or more areas
• 4 = Contribution almost met expectations
• 5 = Contribution met or exceeded expectations

3. Final Exam

The final exam will consist of multiple choice items, based upon all materials covered in the course. Specific direction with respect to particular points of emphasis will be provided in April.
GENERAL GUIDELINES AND INFORMATION:

Expectations and Etiquette

Students are expected to attend all classes, arrive on time and stay for the duration of each class. If a student must leave before the end of class, he or she must inform the instructor prior to the start of class. Students are also expected to be active participants in the class. The use of laptop/notebook computers and tablets is permitted for course-related activities. However, the use of these and all other portable electronic devices for any other reason during class time is prohibited unless a student has received special consent from the instructor. Students violating this policy may be asked to leave the classroom.

Note Regarding Email Messages

Do not assume a message has been received until you receive a confirmation response from the instructor. Please use your @uleth account for all correspondence.

Written Work

The written assignment should be single-spaced. Please include a cover sheet which contains a title and authors’ full names. Please use one-inch margins and a 12-point font throughout. Assignments are to be submitted electronically via the Moodle “Assignment” drop-off tool. Please submit documents as .rtf, .doc or .docx files only. Do not submit files saved in .pdf.

Before submitting a paper to your instructor, be sure to consider the following elements (preferably, have a peer evaluate the paper for these elements):

- Clear communication of ideas
- Correct spelling and grammar (use a computer spell-check to help)
- Page numbering
- Reference list

Students are strongly encouraged to access services offered by the Academic Writing Centre (see below), as a high proficiency in academic writing is expected from all students.

The Academic Writing Centre
L1006A, Library
4401 University Drive
Lethbridge, Alberta T1K 3M4
Phone: 403-394-3963
Email: writing.centre@uleth.ca

Problems Submitting Assignments

The inability to submit an assignment by the deadline due to technological difficulties on the student’s part (e.g., problems with the student’s computer or internet access) is not a valid reason for late submission. In such a situation, the student must: (1) inform the instructor (via phone or email) about the difficulties experienced prior to the deadline, and (2) either fax the assignment to the instructor or drop it off in the instructor’s mailbox prior to the deadline. Failure to submit the assignment prior to the deadline will result in a grade of zero.

Late Assignments and Missed Exams

Written work that is not submitted on time will not be accepted and will receive a grade of zero with the following exception: Groups may hand in assignments late without penalty due only to extraordinary circumstances encountered by a group member (i.e., valid health concern or bereavement).
which significantly affects the group’s ability to complete and/or submit their work AND provided the instructor receives the appropriate documentation as defined by the university calendar prior to the due date of the assignment. With respect to exams, students may be excused due to extraordinary circumstances only (i.e., valid health concern or bereavement) AND provided the instructor receives the appropriate documentation as defined by the university calendar prior to the day of the exam. Groups not submitting term work or students who miss exams without a valid reason will receive a zero for that part of the course grade.

Students who cannot write final examinations for reasons beyond their control may request alternative scheduling from the Dean of Health Sciences. However, the instructor will refuse requests related to scheduling conflicts due to previously scheduled flights, trips, etc. All students are required to be available on the day of the final exam, which is set by the Registrar’s Office.

Support

A variety of services are available to support students’ well-being via Counselling Services. Please visit www.uleth.ca/counselling for more information. Counselling Services is located in Anderson Hall (AH153).

Phone: 403-317-2845
Email: counselling.services@uleth.ca

STUDENT DISCIPLINE:

Students in the course are subject to the student discipline policy for academic and non-academic offenses in accordance with the University Calendar.
<table>
<thead>
<tr>
<th>Date(s)</th>
<th>Topic(s)</th>
<th>Reading(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan. 10, 12</td>
<td>An Introduction to Health and Wellness</td>
<td>Ch. 1: Invitation to Health and Wellness</td>
</tr>
<tr>
<td>Jan. 17, 19</td>
<td>Psychosocial Health and Stress Management</td>
<td>Ch. 2: Psychosocial Health</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Ch. 3: Personal Stress Management</td>
</tr>
<tr>
<td>Jan. 24, Jan. 26</td>
<td>Major/Chronic Diseases</td>
<td>Ch. 10: Lowering Your Risk of Major Diseases</td>
</tr>
<tr>
<td>Jan. 31</td>
<td>Exam I Review</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Moodle Exam I: Jan. 31 – Feb. 3</td>
<td>Ch. 16: Working Toward a Healthy Environment</td>
</tr>
<tr>
<td>Feb. 2</td>
<td>Healthy Environment</td>
<td></td>
</tr>
<tr>
<td>Feb. 7, 9</td>
<td>Physical Activity, Fitness and Health</td>
<td>Ch. 4: Physical Activity for Fitness, Health and Athletic Performance</td>
</tr>
<tr>
<td>Feb. 14</td>
<td>Nutrition and Healthy Eating</td>
<td>Ch. 5: Personal Nutrition</td>
</tr>
<tr>
<td>Feb. 16</td>
<td>Healthy Eating [Guest Lecture]</td>
<td>Ch. 6: Healthy Eating for Weight Management</td>
</tr>
<tr>
<td>Feb. 21, 23</td>
<td>Reading Week: No Classes</td>
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<tr>
<td>Feb. 28</td>
<td>Exam II Review</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Moodle Exam II: Feb. 28 – Mar. 3</td>
<td></td>
</tr>
<tr>
<td>Mar. 2</td>
<td>Alcohol and Tobacco Use, Misuse and Abuse</td>
<td>Ch. 12: Alcohol and Tobacco Use, Misuse and Abuse</td>
</tr>
<tr>
<td>Mar. 9</td>
<td>Pregnancy and Contraception [Guest Lecture]</td>
<td>Ch. 8: Birth Control Choices and Pregnancy</td>
</tr>
<tr>
<td>Mar. 14</td>
<td>Sexually Transmitted Infections and Anatomy [Guest Lecture]</td>
<td>Ch. 9: “Sexually Transmitted Infections” and “HIV/AIDS” (p.231-242)</td>
</tr>
<tr>
<td>Mar. 16</td>
<td>Personal Relationships</td>
<td>Ch. 7: Personal Relationships and Sexuality</td>
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<tr>
<td>Assignment Due on March 21</td>
<td></td>
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<tr>
<td>Mar. 21</td>
<td>Drug Use, Misuse and Abuse [Guest Lecture]</td>
<td>Ch. 11: Drug Use, Misuse and Abuse</td>
</tr>
<tr>
<td>Mar. 23</td>
<td>Traditional and Complementary Health Care [Guest Lecture]</td>
<td>Ch. 13: Traditional and Complementary Health Care Approaches</td>
</tr>
<tr>
<td>Mar. 28</td>
<td>Exam III Review</td>
<td></td>
</tr>
<tr>
<td>Moodle Exam III: Mar. 28 – Mar. 31</td>
<td>Ch. 17: The Spirit of Health and Wellness</td>
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<tr>
<td>Mar. 30</td>
<td>Spirituality and Wellness</td>
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<tr>
<td>Apr. 4</td>
<td>Healthy/Successful Aging</td>
<td>Ch. 15: Healthy Aging</td>
</tr>
<tr>
<td>Apr. 6</td>
<td>Review class</td>
<td></td>
</tr>
</tbody>
</table>

*Course schedule is tentative and subject to change depending on special guest speakers’ availability. Additional/supplemental readings and other materials may be assigned during the course and posted to the Moodle webpage.