INSTRUCTOR: Ali Walker
OFFICE: M3047 (Markin Hall)
PHONE: 403.332.4097
EMAIL: ali.bowden@uleth.ca
OFFICE HOURS: Wednesday 0900 – 1200 or by appointment
CLASS LOCATION: Turcotte Hall 201 (various class periods will be held in alternate locations on campus. Be sure to consult the class calendar and Moodle for details)
CLASS TIME: Tuesdays and Thursdays 3:05pm – 4:20pm

COURSE MENTOR: Brittany Orr  Brittanyorrr4@uleth.ca
COURSE TAs: Jillian Barnes  Jillian.barnes@uleth.ca
            Erin Davis  erin.davis@uleth.ca

COURSE DESCRIPTION

HLSC 1010 offers you a critical exploration of health and wellness constructs from a personal perspective. It explores principles, practices and issues related to health and wellness, with emphasis on increasing awareness, knowledge, health literacy, and various conceptualizations of health and wellness behaviours and practices.

LEARNING OBJECTIVES

By the end of this course you will:

1. Understand what is meant by the concepts of health and wellness and be familiar with the various dimensions of health
2. Identify factors influencing personal health and wellness
3. Reflect upon personal health and wellness and develop intentions for enhancement
4. Identify health and wellness resources and services available in your community
5. Develop personal skills related to the establishment of life-long health and wellness behaviours
6. Consider the potential benefits of a variety activities for health and wellness
7. Enhance health literacy related to health and wellness through access and appraisal of information and resources

COURSE DELIVERY

This course uses a variety of approaches to expose you to health and wellness concepts, and to facilitate opportunities for engagement in health and wellness activities. Some of the learning in this course is self-directed and will require your engaged commitment to learning and personal growth. Careful attention to assignment due dates, scheduled event locations, and required preparation for class activities is crucial to being able to successfully (and happily) navigate this course. The course outline and course calendar – both available in Moodle – will be essential documents in guiding you through this course. Please note
that calendar details may change throughout the semester so you will need to reference the electronic version for the most up-to-date information.

COURSE MATERIALS

Required Text:


You are welcome to purchase electronic formats of this textbook, rent it for the duration of the semester, or arrange for textbook sharing with classmates. Textbook material will be the basis of the quizzes, and will be a required reference source for other course assignments.

BREAKDOWN OF COURSE ASSIGNMENTS and DUE DATES

*all assignments are due by 10pm on the dates listed below

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<tr>
<th>Assignment</th>
<th>% of Final Grade</th>
<th>Due Date</th>
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| Text book Chapter Quizzes                      | 25%              | Minimum six (6) per semester  
  All quizzes to be completed by April 6                                   |
| Organized Wellness Activities (OWA)            | 15%              | Three (3) per semester - 5% each  
  follow up assignment for OWAs are due one week from the date of the activity |
| Personal Wellness Assignment (PWA)             | 40%              | Two (2) per semester - 20% each  
  1st - On or before Feb 16  
  2nd - On or before Mar 27                                                  |
| Guest Lectures & Class Engagement              | 10%              | Various dates. See course calendar.                                      |
| Peer-lead Wellness Activities (PLWA)           | 10%              | Various dates. See course calendar.                                      |

OVERVIEW OF COURSE ASSIGNMENTS

1. CHAPTER QUIZZES (25%)

Quiz questions will be taken from the required textbook (Hales and Lauzon, 2018) and will be completed via the Moodle learning platform. All quizzes will be open book, and can be completed on your own time, outside of class. You will be required to write a minimum of six chapter quizzes for completion of the course, but are permitted to write as many as you would like. Your best six chapter quiz marks obtained will be used to calculate the final mark for this grade item. You may choose to write whichever chapter quizzes you would like, but are encouraged to select chapters which cover content that is of interest to you and relate to your personal health and wellness intentions.
2. ORGANIZED WELLNESS ACTIVITIES (OWAs) – 15%

The OWAs are wellness experiences/activities that have been prearranged and organized by the instructor for your participation. There are several opportunities for engaging in these wellness activities throughout the semester. However, due to limited availability of space, you will each only be able to participate in three (3). OWA are scheduled in the course calendar and descriptions for these activities can be found in Moodle. You will need to sign up ahead of time in order to participate in these activities as there are limited spots for each.

There is an associated follow-up assignment with each OWA which allows for some reflection on the wellness experience. You are responsible to complete this assignment and submit it to Moodle within one week of the OWA. Each follow-up assignment is worth 5%.

*see Moodle for instructions for description of follow up assignment

3. PERSONAL WELLNESS ACTIVITIES (2 – each worth 40%)

Personal Wellness Activities (PWAs) provide an opportunity for you to consider what is needed for your own personal health and wellness. These activities will be planned and executed by you, tailored to your personal wellness interests, needs, and intentions. You will be required to plan, prepare, execute, and reflect on two PWAs this semester. The first PWA will be due before the Reading Break and the second prior to the end of the semester (see table above for exact due dates).

*See Moodle for expectations and criteria for PWAs

4. PEER-LED WELLNESS ACTIVITIES (10%)

Peer-Led Wellness Activities (PLWAs) are 20-minute wellness activities, completed during regular class time. In groups of six, you will each take a turn leading your group in a brief wellness activity. Participants will provide a mark for and feedback on the peer-led activity based on set of criteria set forth by the instructor. The student leading the wellness activity will be required to submit a brief outline and reflection following their presentation of the PLWA. A Template for the overview and reflection is available on Moodle. Marking for this assignment will be as follows:

- 1% for participation in each activity led by your peers and provision of feedback (5 in total)
- 5% for the wellness activity you lead (based on submission of the "overview and reflection" and the peer evaluations)

*see Moodle for expectations and criteria for PLWAs

5. GUEST LECTURES AND CLASS ENGAGEMENT ACTIVITIES (10%)

Throughout the semester, there will be a series of classroom presentations led by either the instructor or campus and community wellness experts. These will take the form of either a lecture or workshop and will cover a variety of health and wellness topics. Attendance at these presentations is required and there will be short assignments (e.g. 2-minute papers) following each presentation to confirm both your physical and mental presence.
CLASSROOM ETIQUETTE & LATE ASSIGNMENTS

Health and wellness is a personal journey which requires intentional commitment throughout the life course. This course is intended to assist you on this journey, but will its value will be weighed based on the amount of time and effort that you put into it. I expect that you to will participate with an attitude that supports personal growth and inspires a community of kindness and wellness for the entire class.

It is expected that you will observe professional standards for communication. This means that contact with the instructor, peers, and/or TAs should be clear, concise, and polite. All electronic communication should be through the student’s assigned uleth account. Emails to the instructor will be responded to as quickly as possible, but may not responded to during evening hours or on weekends, unless they are of an urgent nature.

Late assignments will be deducted 5% per day up to a total of 10 days; after 10 days, they will no longer be accepted for marking. Allowances for late assignment will not be made unless arrangements have been made prior to the assignment due date.

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>
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<tr>
<td>A+</td>
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<td>C+</td>
<td>2.3</td>
<td>71 - 74.9%</td>
</tr>
<tr>
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<td>4.0</td>
<td>91 - 94.9%</td>
<td>C</td>
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<tr>
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<td>83 - 86.9%</td>
<td>D+</td>
<td>1.3</td>
<td>59 - 62.9%</td>
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<tr>
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<td>79 - 82.9%</td>
<td>D</td>
<td>1.0</td>
<td>55 - 58.9%</td>
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<tr>
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<td>2.7</td>
<td>75 - 78.9%</td>
<td>F</td>
<td>0</td>
<td>0 - 54.9%</td>
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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.

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) is a source of current copyright information that includes:

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

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 at 403-329-2766 to set up an appointment: https://www.uleth.ca/ross/accommodated-learning-centre/. 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.