

COURSE OUTLINE

BIO 1156- C03 – Wellness & Health Issues
Fall 2021

Lethbridge College inspires and facilitates learning and innovation to meet economic and social needs.

Centre: Business, Arts, and Sciences	Program: General Studies
Instructor: Stephanie Wierl Email: stephanie.wierl@lethbridgecollege.ca Phone: 403-320-3202 ext 5883	Instructor Availability: Virtual office hours Messages will be responded to within 2 days Monday-Friday between 9-4 pm.
Delivery Method: <i>Blended</i> <i>Instruction: 3 hours/week</i>	Class Time & Location: View your personal class schedule (days, times) through the myHorizon portal or on Canvas. NOTE: times posted in Canvas are Mountain Daylight Time MDT (current Lethbridge College time). Make sure that you sign on at the correct time (this is especially important if you are in a different time zone).
Credits: 3	Pre-Requisites: None Co-Requisites: None
Open to Supplemental Exam: No Research Component: No	Program Chair: Dr. Brent Cottle Associate Dean: Marda Schindeler Dean: Dr. Kevin Smith Main Program Contact Number: (403) 394-7338

Academic Calendar Description:

An overview of the dimensions of wellness, including physical, emotional, social, intellectual, spiritual, occupational, and environmental wellness. A focus on the concepts of the dimensions and specific areas of health and wellness within the context of community including cost to the Health Care System. The analysis, explanation and identification or individualized strategies of personal health issues and dimensions of wellness to build resiliency and take responsibility for one's own health.

Course Outcomes:

1. Define the dimensions of wellness and discuss the interconnection of each for overall health and wellness
2. Apply the transtheoretical model of change to each dimension of wellness for personal and professional scenarios.
3. Promote health through applying strategies in the five components of health related- fitness, exercise and nutrition.
4. Discuss psychosocial dimensions of wellness and identify strategies for improving personal and professional balance for psychosocial health.
5. Recognize the effects of stress on the dimensions of wellness, and demonstrate and compare and contrast strategies to manage stress
6. Identify and discuss current issues related to health and wellness, including health and safety issues.
7. Discuss and plan strategies to build resiliency in personal and professional wellness and that assist in healthy active aging.

Course Assessments:

Assessment (Assignment or Exam)	Value	Due (Tentitive)
Reflections	30%	Ongoing
Module Quizzes (3)	30%	Weeks: 5, 10, 14
Assignment: Wheel of Life	10%	Week 3
Assignment Behaviour Change	30%	Week 13

Penalties/Notes about Late Assignments:

Assignments must be submitted in a PC friendly format, either as a “Word” or “PDF” document to the assignment drop box on Canvas, on the respective due dates and times. **Late assignments will be accepted within 24 hours of the due date and time and are subject to a 20% penalty.** Assignments submitted beyond the 24-hour late deadline will not be accepted for marking and will receive a “0” mark. ***Make-up assignments/quizzes are not permitted.*** Students with extenuating circumstances must contact the instructor at least 24 hours prior to the assignment deadline for consideration of an extension. Supporting documentation will be required.

Grading System:

Grade	Percent	Grade Point	Explanation
A+	95 – 100	4.0	EXCELLENT
A	90 – 94	4.0	EXCELLENT
A-	86 – 89	3.7	EXCELLENT
B+	80 – 85	3.3	GOOD
B	76 – 79	3.0	GOOD
B-	70 – 75	2.7	GOOD
C+	67 – 69	2.3	SATISFACTORY
C	63 – 66	2.0	SATISFACTORY
C-	60 – 62	1.7	SATISFACTORY
D+	55 – 59	1.3	MINIMAL PASS
D	50 – 54	1.0	MINIMAL PASS
F	0 – 49	0.0	FAILURE

Grading:

Official final grades will be available on [Web Advisor](#). Grades posted in Canvas should be considered interim grades.

Note: Grade Point Average (GPA) is the standard average measure of performance. Term GPA is an average of the grade points earned in all classes for that term and determines academic standing from term to term. Maintaining the Term GPA required for your program allows for progression in your program. Program GPA is the average grade points earned in all courses required for your program. Successfully meeting the Program GPA required is one criterion for graduation eligibility. To learn more about GPA contact Career & Academic Advising.

Program/Course Attendance Requirements (if applicable):

Student success and enjoyment in this course is directly related to the student's attendance. Additional material to the textbook will be provided during lecture times and in class learning activities will provide material for assignments. Regular and punctual attendance is highly recommend. Irregular and continued absences may result in a program meeting. The student assumes all responsibility for making up any missed information provided during class time.

General Course Expectations:

The textbook is required in this course and you will need it. There will be video's, or portions of videos shown in class. There will be questions on exams based on this media.

Quizzes in BIO 1156 require a **Respondus Lockdown browser**. The browser must be downloaded prior to the first quiz. It is HIGHLY recommended that students practice using the browser prior to the first quiz so that the instructor can assist troubleshooting if necessary. While all efforts will be made, it is not guaranteed that the instructor will be able to assist the student in troubleshooting browser issues during the quiz period and thus it is HIGHLY recommended to practice with the browser prior to the quiz.

Student will benefit greatly from the material posted on Canvas and it is highly recommended they become familiar with this system. It is important that students keep up with assigned readings and Canvas notes. Students will also use MyLab and Mastering. Program access is purchased with the required textbook. Homework is assigned from this software and accounts for 10% of the course grade. Students are also expected to communicate with the instructor and the entire class through Canvas.

Communications via college email (stephanie.wierl@lethbridgecollege.ca) will be answered within 1-2 business days during business hours. All communications must be written in a professional manner addressing the instructor appropriately and professionally with course name, number and the students' full name. Students should be aware of policies and procedures that may impact them directly.

Students are expected to work at a pace outlined on the Canvas calendar and Course Outline. The Canvas calendar will be used as a class schedule. Students are expected to submit assignments and write exams on the posted dates. Students are expected to contact the instructor *at least* 24 hours in advance if they are unable to write a quiz or test on the scheduled date and must provide proof of a valid reason (example: medical emergency/illness). Make-up quizzes/tests will not be provided for unexcused absences.

Instructional Method:

The instructor will create an instructive, hands-on blended learning atmosphere using text readings and questions, lectures, website resources, videos, demonstrations, and hands-learning activities.

This is a course enhanced through a Learning Management System called Canvas with integrated MyLab and Mastering. Students are advised to become familiar with Canvas, the material on Canvas, and to use Canvas as instructed by the instructor.

Required Text(s), Materials, and Technology:

Donatelle, R.J, Froehlich Chow, A., & Kolen Thomplson, A.M (2018). *Health: The Basics Plus Mastering Health with Pearson eText* (7th Canadian Ed). Pearson Ed.

A hard copy text is suggested. Access to Mastering health is mandatory. Each student will need their own textbook

Note: Important Dates and Deadlines can be found on the [Lethbridge College website](#).

Student Resources

Canvas:

[Canvas](#) is the Learning Management System (LMS) used by Lethbridge College. All students at Lethbridge College have access to Canvas, where they will locate course resources such as course outlines, grades, course materials, Canvas Inbox, and learning activities. Canvas also has a mobile app.

Lethbridge College Email:

[Lethbridge College email](#) is the main source of communication outside your individual courses. Be sure to access this often to ensure you have the most up-to-date information from across the campus.

Buchanan Library:

Use the [Buchanan Library](#) in person or online to find research materials required for class assignments and to help you with your information needs. Access over 50 databases to find articles on almost any topic and use our online catalogue to find books, ebooks, videos, articles, and more. Our staff provides guidance on how to find the resources you require.

Learning Café:

Students are encouraged to access the [Learning Café](#) in the Buchanan Library for various free services, including academic tutoring support (online and face to face), APA documentation and study skills workshops, peer tutoring, and [online learning resources](#).

Accessibility Services:

Students requiring academic accommodation (e.g., extra time, separate space, etc.) must register with [Accessibility Services](#) to determine eligibility for and implementation of these supports. If you have further questions, please feel free to speak to your instructor or contact Accessibility Services for more information.

Health and Shepell Counselling Services:

Our [Health Services](#) health care team of registered nurses, doctors, and psychiatrists are here to provide services that positively influence your health and well-being. Shepell offers a variety of services to help you meet the challenges of achieving your personal, professional, and academic potential. The primary form of support is personal counselling, which provides an opportunity to work collaboratively with a counsellor.

Advising:

[Academic advisors](#) are a great place to start if you aren't sure where to go for help. They are experts on college policies, procedures, program requirements, academic planning, and student supports, and they can help you at any point in your college experience.

Full-class Testing Service:

This course requires the use of Respondus Monitor for some/all exams. Respondus Monitor is a fully automated system that uses your computer's webcam to record you while you complete your exams using Respondus LockDown Browser.

Your personal information is being collected under the authority of Section 33(c) of the Alberta Freedom of Information and Protection of Privacy (FOIP) Act, and is managed in accordance with Part 2 of the FOIP Act. Exam recordings may be viewed for the purpose of invigilating your exam and investigating alleged Academic Misconduct. Recordings will not be used or disclosed for any other purpose without your written consent, unless required to do so by law.

If you have any questions about how the information you provide is collected, stored, used or disclosed you can contact the College's FOIP Coordinator by phoning (403) 320-3361, emailing privacy@lethbridgecollege.ca, or writing to 3000 College Dr S, Lethbridge, Alberta T1K 1L6 c/o Institutional Compliance.

Other Services:

If you would like more information on the many services available to students, please check out the [Current Students](#) section of the Lethbridge College website.

Institutional Policies and Practices

Course Work Used as Examples:

Should your instructor wish to use your work in future educational purposes, you will be asked to complete and sign a Student Release Form, authorizing both the instructor and/or the College to use your course work. This form, along with a copy of your work, is retained in the official copyright files located in the College's Intellectual Property Office. If you have any questions regarding Copyright and/or Intellectual Property, please contact the Intellectual Property Office.

Retention of Assignments and Exams:

Examinations/assignments will be retained by instructors to the end of the final grade appeal period. After the appropriate retention period, records will be destroyed in a secure manner.

Note: Practicum course evaluations may be kept for a longer period of time. Please see the [Records Management policy](#) for more information.

Student Rights and Code of Conduct:

Academic Honesty is necessary for students to achieve excellence and for the preservation of the integrity and reputation of the course, the program, and of Lethbridge College as an institution. Lethbridge College supports and demands academic honesty in all academic learning activities.

Plagiarism is a serious offence and will be handled in accordance with Lethbridge College policy. The penalties for plagiarism vary in degrees but may result in expulsion from the Lethbridge College. For definitions of what is included as plagiarism and academic dishonesty, please view the [Student Rights and Code of Conduct policy](#).

Recording of Classes:

Audio/video recording is permitted *only* with the prior written consent of the instructor or if recording is part of an approved accommodation plan. Such a recording is for the personal use only of the student who has permission to record. Following the course all such recordings must be destroyed.

Other Policies:

Students should be aware of policies and procedures that may impact them directly. More information can be found on the Lethbridge [College Policies page](#).

Important Notes about your Course Outline:

Please retain a copy of this course outline for future reference. It can be useful in providing documentation for course transfer credit.

Research Disclaimer:

This course does not include any research activities that involve human participants.

Other Program Contacts

To contact the Dean or Associate Dean for the program, please contact the main program phone number on page 1 of this outline.