

**UNIVERSITY OF LETHBRIDGE  
FACULTY OF HEALTH SCIENCES  
HLSC 1010 – PERSONAL HEALTH AND WELLNESS  
Course Syllabus – Spring 2016**

**Instructor:** Chad Witcher, PhD  
Assistant Professor, Public Health  
**Office:** M3049, Markin Hall  
**Office phone:** (403) 332-4439  
**Fax:** (403) 329-2668  
**Email:** [chad.witcher@uleth.ca](mailto: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 increasing awareness, knowledge, health literacy, and various conceptualizations of health behaviour.

**GOALS:**

Upon completing this course, students should:

1. Possess a more comprehensive understanding of the various factors which contribute to one's personal health and wellness.
2. Become more health literate.
3. Be empowered to apply various health and wellness promoting principles of one's every-day life.
4. Become 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 7<sup>th</sup>, 2015 and ending April 14<sup>th</sup>, 2016 (please see course schedule on page 5).

Course objectives will be achieved through a combination of lectures, guest lectures, class discussion and a written assignment. As necessary, supplementary materials will be posted to the Moodle webpage and/or distributed by email.

**REQUIRED TEXT:**

Hales, D., & Lauzon, L. (2015). *An invitation to health* (4<sup>th</sup> ed.). Toronto: Nelson.

**EVALUATION:**

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

1. *Exam I (20%):* February 2, 2016
2. *Exam II (20%):* March 1, 2016

3. *Group Assignment (15%)*: March 17, 2016
4. *Exam III (20%)*: March 29, 2016
5. *Final Exam (25%)*: Tuesday, April 19, 2016 (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 2016 Final Examination Schedule in March to confirm the official date and time.

#### **EVALUATION GUIDELINES:**

##### **1. Exams I, II & III**

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

Exam I: January 12-28.  
Exam II: February 4-25.  
Exam III: March 3-24.

##### **2. Group Assignment**

This assignment is to be completed in groups of three. Group membership will be assigned 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.

##### **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.

#### **GRADING BREAKDOWN:**

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

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

#### **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>. 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](#)),
- 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](mailto:copyright@uleth.ca)) for assistance with any copyright questions or issues.

## 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.

## 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" tool. Please submit documents as .rtf, .doc or .docx files.

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

**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: [writingcentre@uleth.ca](mailto:writingcentre@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](http://www.uleth.ca/counselling) for more information. Counselling Services is located in Turcotte Hall (TH218).

Phone: 403-317-2845  
Email: [counselling.services@uleth.ca](mailto:counselling.services@uleth.ca)

### Course Schedule\*

Topic(s)	Reading(s)
<b>Jan. 7:</b> Introductions and course “warm-up”	-
<b>Jan. 12, 14:</b> An Introduction to Health and Wellness	Ch. 1: Invitation to Health and Wellness
<b>Jan. 19, 21:</b> Psychosocial Health and Stress Management	Ch. 2: Psychosocial Health Ch. 3: Personal Stress Management
<b>Jan. 26, 28:</b> Major/Chronic Diseases	Ch. 10: Lowering Your Risk of Major Diseases
<b>Feb. 2: Exam I</b> <b>Feb. 4:</b> Healthy Environment	- Ch. 16: Working Toward a Healthy Environment
<b>Feb. 9, 11:</b> Physical Activity, Fitness and Health	Ch. 4: Physical Activity for Fitness, Health and Athletic Performance
<b>Feb. 16, 18: Reading Week: No Classes</b>	-
<b>Feb. 23, 25:</b> Nutrition and Healthy Eating	Ch. 5: Personal Nutrition Ch. 6: Healthy Eating for Weight Management
<b>Mar. 1: Exam II</b> <b>Mar. 3:</b> Traditional and Complementary Health Care	- Ch. 13: Traditional and Complementary Health Care Approaches
<b>Mar. 8, 10:</b> Relationships, Sexuality, STIs & HIV/AIDS	Ch. 7: Personal Relationships and Sexuality Ch. 9: “Sexually Transmitted Infections” and “HIV/AIDS” (p.231-242)
<b>Mar. 15, 17:</b> Birth Control, Pregnancy, Injury & Violence <b>Assignment Due on March 17</b>	Ch. 8: Birth Control Choices and Pregnancy Ch. 14: Staying Safe: Preventing Injury, Violence and Victimization
<b>Mar. 22, 24:</b> Drug/Alcohol Use, Misuse and Abuse	Ch. 11: Drug Use, Misuse and Abuse Ch. 12: Alcohol and Tobacco Use, Misuse and Abuse
<b>Mar. 29: Exam III</b> <b>Mar. 31:</b> Spirituality and Wellness	- Ch. 17: The Spirit of Health and Wellness
<b>Apr. 5, 7:</b> Healthy/Successful Aging	Ch. 15: Healthy Aging
<b>Apr. 12:</b> Guest Presentation on Physical Activity and Aging <b>Apr. 14:</b> Review Class	- -

\*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.