

SAULT COLLEGE OF APPLIED ARTS AND TECHNOLOGY

SAULT STE. MARIE, ON

COURSE OUTLINE

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COURSE TITLE: HEALTH & WELLNESS

CODE NO.: "DG 118

SEMESTER: 2

PROGRAM: CHILD & YOUTH WORKER


AUTHOR: GWEN DIANGELO (portions taken from HDG 117 by author
Linda Tozer-Johnston and Personal Wellness by authors
Fran Rose and Ruth Wilson)

DATE: JAN/95

PREVIOUS OUTLINE DATED: N/A

APPROVED:


DEAN

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HEALTH & WELLNESS

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TOTAL CREDITS

PREREQUISITE(S): N/A

I. PHILOSOPHY/GOALS:

This course involves the study of health issues, identifying specifically the physical, emotional, social, intellectual and spiritual dimensions of health. The student will develop an understanding of the variables that control the quality of health including personal choices and behaviours, socio economic and environmental circumstances.

A focus for this course will be looking at healthy lifestyle issues and how the student can utilize this information in their personal and professional life.

II. STUDENT PERFORMANCE OBJECTIVES (OUTCOMES):

Upon successful completion of this course the student will:

1. demonstrate an understanding of the concept of wellness.
2. demonstrate an understanding of the dimensions of health.
3. understand the process of personal change.
4. describe the physical and psychological benefits of physical fitness.
5. demonstrate knowledge of healthy nutrition and healthy weight concept.
6. a) demonstrate an understanding of the concepts of emotional health.
b) demonstrate an understanding of the physical and psychological responses to stress and lifestyle factors contributing to stress.
c) identify a variety of coping and healing strategies used in stress management.
7. demonstrate an understanding of choices and decisions affecting personal safety.
8. describe issues affecting environmental health.

III. TOPICS TO BE COVERED: Approximate Time Frames (Optional)

The student will acquire knowledge and understanding of health, wellness and lifestyle issues through research, presentations, group discussion, audiovisual presentations, community visits, guest speakers and some class lecture.

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IV, LEARNING RESOURCES/REQUIRED RESOURCES:

Topic: Health

Learning Activities:

1. Define health, wholistxc health, wellness, health promotion.

Resources:

Hahn, D. and Payne. W. Focus on Health, 3rd ed., Mosby Year Book Inc., Toronto, 1994

Topic/Unit - Wellness

Learning Activities:

1. Define the dimensions of health
 - a) intellectual resources
 - b) nutrition awareness
 - c) physical fitness
 - d) social abilities
 - e) spiritual direction
 - f) sexual health
 - g) environmental awareness
 - h) personal safety
 - i) personal responsibility

Resources:

Hahn, D. and Payne. W. Focus on Health, 3rd ed., Mosby Year Book Inc., Toronto, 1994

Topic/Unit - Physical Fitness/Rest and Sleep

Learning Activities:

1. Components of fitness
2. Developing a Cardiorespiratory Fitness Programme/Conditioning
3. Personal Fitness Programme Choices
4. Safety During Fitness
5. Sleeping Habits

Resources:

Hahn, D. and Payne. W. Focus on Health, 3rd ed., Mosby Year Book Inc., Toronto, 1994

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IV. LEARNING RESOURCES/REQUIRED RESOURCES Continued . . .

Topic/Unit: Nutrition

Learning Activities:

1. types, sources and function of nutrients
2. food groups: Canada's Food Guide
3. Body weight management
4. planning a healthy diet
5. unhealthy eating and disease
6. eating disorders

Resources:

Hahn, D. and Payne. W. Focus on Health, 3rd ed., Mosby Year Book Inc., Toronto, 1994

Topic/Unit: Emotional/Spiritual Growth

Learning Activities:

1. Define stress, stressor
2. Developing characteristics of a mentally healthy person/family
3. Stress/Stress Management
4. Developing communication skills
5. Personality
6. Developing healthy relationships
7. Stages of faith development

Resources:

Hahn, D. and Payne. W. Focus on Health, 3rd ed., Mosby Year Book Inc., Toronto, 1994

Topic/Unit: Personal Awareness and Change

Learning Activities:

1. Making Responsible Choices and Decisions
 - a) self-care
 - b) drug, tobacco, alcohol use and abuse
 - c) self-examination, self-assessment
 - d) prevention of disease
 - e) sexual behaviour
 - f) alternate/complimentary health care
 - g) decision-making/problem-solving

Resources:

Hahn, D. and Payne. W. Focus on Health, 3rd ed., Mosby Year

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IV. LEARNING RESOURCES/REQUIRED RESOURCES Continued . . .

Topic/Unit: Environmental Health Issues

Learning Activities:

- 1. Air
- 2. Water
- 3. Land
- 4. Noise
- 5. Radiation

Resources:

Hahn, D. and Payne. W. Focus on Health, 3rd ed., Mosby Year Book Inc., Toronto, 1994

V. EVALUATION METHODS: (INCLUDES ASSIGNMENTS, ATTENDANCE REQUIREMENTS, ETC.)

A variety of tests, written and oral assignments will be used. Group presentations will be included.

1. Alteration in Health Report (written and oral)	20%
2. Nutrition Assignment	10%
3. Test #1 = 20%	
Test #2 = 20%	
Test #3 = 30i	
70%	70%
TOTAL	100%

Sault College Policies regarding plagiarism and honesty are in effect (See Sault College Student Handbook for details)

Assignments which are late will be given a mark of zero. Extensions may be granted upon discussion with the teacher **PRIOR** to due date.

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V. EVALUATION METHODS Continued . . . (INCLUDES ASSIGNMENTS, ATTENDANCE REQUIREMENTS, ETC.)

The instructor **MUST** be notified of absence prior to scheduled test time in order to be eligible to write the test at a later date. Students who do not call in prior to a scheduled test will receive a mark of zero. Students who miss a test **MUST** make re-scheduling arrangements directly and immediately with the instructor upon return.

College Evaluation System

Letter grades for transcript purposes will be calculated as follows:

90 - 100% = A+
80 - 89% = A
70 - 79% = B
60 - 69% = C

Less than 60% = R (Repeat of the Course)

VI. PRIOR LEARNING ASSESSMENT:

Students who wish to apply for advanced credit in the course should consult the instructor. Credit for prior learning will be given upon successful completion of the following:

VII- REQUIRED STUDENT RESOURCES:

Hahn, D. and Payne, W. Focus on Health, 3rd ed., Mosby Year Book Inc., Toronto, 1994.

VIII. ADDITIONAL RESOURCE MATERIALS AVAILABLE IN THE COLLEGE LIBRARY:

Book Section (TITLE, PUBLISHER, EDITION, DATE, LIBRARY CALL NUMBER IF APPLICABLE - SEE ATTACHED EXAMPLE)

Periodical Section (MAGAZINES, ARTICLES)

Audiovisual Section (FILMS, FILMSTRIPS, TRANSPARENCIES)

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IX. SPECIAL NOTES:

Students with special needs (eg: physical limitations, visual impairments, hearing impairments, learning disabilities) are encouraged to discuss required accommodations confidentially with the instructor.

Your instructor reserves the right to modify the course as he/she deems necessary to meet the needs of students.

*** ALL STUDENTS MUST ATTEND 50% OF THE CLASSES TO OBTAIN A PASSING GRADE ***

X. COURSE ANALYSIS SHEET (see attached)

unavailable at this time