

STUDENT COURSE INFORMATION

FANSHAWE COLLEGE OF APPLIED ARTS AND TECHNOLOGY
HUMAN SERVICES
SEPTEMBER 2010

BSCI-1005 -- HEALTH ISSUES IN CANADA

Duration: 30 total course hours

Credit Units: 2.00

*NOTE: The hours may vary.

This course is a prerequisite for:
NO COURSES

Prerequisite(s) for this course:

NO COURSES

Co-requisite(s) for this course:

NO COURSES

Course Description:

The course is designed to enable the student to: a) understand the multi-dimensional concept of health, b) examine specific behaviours that contribute to an individual's level of health, c) recognize the impact of health on professional interactions in human service fields and d) develop the following skills that foster lifelong learning and competent working skills: working cooperatively with a group, evaluate resources, and integrating basic knowledge.

Vocational Learning Outcomes:

Upon successful completion of this course, the student will be able to:

1. Discuss the role of the five dimensions of health related to quality of life.
2. Assess his/her own health.
3. Describe the development of positive self-esteem and understand its impact on health.
4. Identify the causes of stress and stress management techniques.
5. Practice stress management techniques.
6. Discuss the basics of weight management, eating disorders, the body's energy needs, weight management techniques and the role of physical activity with regards to weight management.
7. Describe the effects of addictive substances.
8. Complete and assess the outcome of a personal dependency deprivation experiment.

Essential Employability Skills Learning Outcomes:

Essential Employability Skills Learning Outcomes		Taught	Reinforced	Assessed or evaluated
1.	Communicate clearly, concisely and correctly in the written, spoken and visual form that fulfills the purpose and meets the needs of the audience.	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
2.	Respond to written, spoken or visual messages in a manner that ensures effective communication.	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
3.	Execute mathematical operations accurately.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4.	Apply a systematic approach to solving problems.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5.	Use a variety of thinking skills to anticipate and solve problems.	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
6.	Locate, select, organize and document information using appropriate technology and information systems.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7.	Analyze, evaluate and apply relevant information from a variety of sources.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8.	Show respect for the diverse opinions, values, belief systems and contributions of others.	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
9.	Interact with others in groups or teams in ways that contribute to effective working relationships and the achievement of goals.	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
10.	Manage the use of time and other resources to complete projects.	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
11.	Take responsibility for one's own actions, decisions and consequences.	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>

Detailed Content:

TOPICAL OUTLINE

WEEK 1

Chapter 1: Promoting Healthy Behaviour Change

WEEK 2

CHAPTER 1 QUIZ (multiple choice)

Chapter 2: Psychosocial Health

WEEK 3

CHAPTER 2 QUIZ (multiple choice)

Chapter 3: Managing Stress

WEEK 4

Stress Management Techniques

WEEK 5

CHAPTER 3 QUIZ (short answer)

Chapter 14: Personal Safety

WEEK 6

Chapter 5: Nutrition

WEEK 7

CHAPTER 14 and 5 QUIZ (multiple choice)

Chapter 6: Managing Your Weight

WEEK 8

DEPENDENCY DIARY DUE

Understanding Eating Disorders

WEEK 9

CHAPTER 6 QUIZ (short answer)

Chapter 4: Personal Fitness

WEEK 10

Chapter 9: Licit and Illicit Drug Use

WEEK 11

Jeopardy Review

WEEK 12

Chapter 10: Alcohol, Tobacco, & Caffeine

WEEK 13

CHAPTERS 4, 9, 10 QUIZ (multiple choice)

WEEK 14

REVIEW QUIZ/"MAKE UP" QUIZZES

Exam Week **Final Exam**

Teaching/Learning Methodology:

Students will be exposed to a variety of teaching/learning methods, including independent and cooperative learning, group discussion, lectures and audio-visual presentations.

Required Learning Resources:

Text: Health: The Basics, Canadian Edition , Donatelle, Davis, Munroe, Munroe and Casselman, Pearson Education Canada, 2010. ISBN: 9780321689719

Method Of Evaluation:

The final mark/grade for this course will be determined as follows:

Four multiple choice quizzes - 45%

Two 15 mark short answer quizzes - 20%

Dependency Diary - 10%

plus 1 of the following 2 options for reviewing course material:

- Option "A" - Play "Jeopardy" during class 11
- Option "B" - Complete a 10 mark multiple choice review quiz during class 14.
If you choose Option "B", the marks you earn from multiple choice quizzes will be adjusted accordingly.

Final exam 50 mark multiple choice quiz - 25%

NOTE:

A mark of zero will automatically be earned by a student who misses a test without notifying the instructor of their absence before the class starts. To notify me, do one of the following: leave a written message in Room D3005 or e-mail jwhittington@fanshaweonline.ca
Passing grade is "D". In the event of course failure, there is no opportunity to upgrade.

NOTE:

Assignments will not be marked if submitted more than seven days late. Any late assignment will earn no more than 50% of the assignment's value.

NOTE: Test and assignment due dates, etc. will be provided by the professor at the beginning of the course.

Consult the Program Division Policy for additional information on course evaluation and progression.

<u>Grade</u>	<u>Range</u>	<u>Comment</u>	<u>Grade Point</u>
A+	90-100	Distinguished	4.2
A	80-89		4.0
B+	75-79		3.5
B	70-74		3.0
C+	65-69		2.5
C	60-64		2.0
D+	55-59		1.5
D	50-54	Marginal	1.0
F	0-49	Unsatisfactory	0
P	greater than 50	Pass	N/A
I	N/A	Incomplete	N/A
N	N/A	No Credit Achieved	N/A
W	N/A	Withdrawn	N/A
X	N/A	Audit	N/A

CHEATING - All forms of cheating are considered an academic offence and the College has a clear policy on cheating. Please refer to Policy 2-G-04 on Fanshawe Online or in the Student Handbook.

PLAGIARISM - Plagiarism is cheating and an appropriate penalty will be applied and a report will be placed in the student's file in conformance with College Policy 2-G-04 on cheating. Plagiarism (the intellectual dishonesty resulting from a student's failure to acknowledge indebtedness to sources used) is a serious academic offence that shall result in appropriate penalties, to be determined at the discretion of the course professor in consultation with the Divisional Chair. Plagiarism includes, but is not limited to, submitting the same work to more than one professor for credit in different courses without prior written permission from the professors. Penalties shall range from failure of an assignment to possible failure of the course.

REWRITES - Students cannot make the assumption that any provision will be made by the professor to permit a student to rewrite failed assignments or tests.

Turnitin.com

As part of Fanshawe College's commitment to fostering excellence in student assignments, this course may require students to submit their papers to Turnitin.com. This Web service is designed to help students understand the importance of identifying borrowed work in their essays, and how to correctly cite research sources. Instructions for how to use Turnitin.com will be provided by the professor, and additional information is available at www.Turnitin.com.

Additional Information:

Consult your Program Outline for information concerning the minimum passing grade needed for this course.

Upgrading Opportunities:

"A standard fee, established by the Office of the Registrar, will be required for all upgrading opportunities. (Policy 2-C-04) The availability and scheduling of upgrading opportunities will be in accordance with program policy."

Prepared By:

Janet Whittington, M.Ed. (Counselling)

The following applies for course offerings consistent with the Standard Academic Calendar:

Internal/External Course Credit Application Deadline

Applications for Internal/External Course Credit are available from the Office of the Registrar. Check college calendar for deadlines.

Course Add/Drop Deadline

You may withdraw from a course without academic penalty during the first 70% of the course duration. Application is made through the Office of the Registrar.

Academic Assistance

The primary resource for students experiencing difficulty with course material is the course professor. In addition, students who wish to attend study skills workshops or who require further assistance, can contact the Learning Centre in A2019 (519 452 4265) for one-to-one tutoring from staff in math, physics, chemistry and English, or they can contact Counselling and Student Life in F2010 (519 452 4282) for information about receiving peer tutoring.

Student Success Advisors are available to assist students with academic concerns or other problems they may face while at Fanshawe. They can either assist you directly, or refer you to the appropriate resource on campus to get the help you need. Contact information for your Student Success Advisor can be found on the Web at <http://www.fanshawec.ca/EN/ssa/14317/advisors.asp>.

Students who have been identified as having (or who wish to be assessed for) a specific learning disability, should contact Disability Services F2010 (519 452 4282) in Counselling and Student Life for information about available support services.

Re-taking a Course:

Subject to meeting any pre-requisite or co-requisite requirements, a student may retake a course. The second re-take must be approved by the Academic Manager or designate and will be granted based on extenuating circumstances and with recommended interventions such as counselling or a learning contract. Subsequent re-take opportunities will only be available as part of an overall success strategy developed in consultation with the student, program co-ordinator and the Academic Manager. The best grade achieved will be used in calculating the cumulative GPA.

Related Policies

Course Grade System - [See College Policy 2-C-04](#)

Prior Learning Assessment and Recognition - [See College Policy 2-A-10](#)

Evaluations - [See College Policy 2-C-02](#)

Academic Standing - [See College Policy 2-C-05](#)

Student Appeal of a Grade or Other Academic Decision - [See College Policy 2-G-02](#)

Academic Withdrawal and Termination - See College Policy 2-C-06

Academic Offences - See College Policy 2-G-04

Student Code of Conduct Policy - See College Policy 2-G-01

Respectful College Community Policy - See College Policy 1-B-46

Authorized By:

A handwritten signature in black ink, appearing to be 'A. J. ...' with a stylized flourish at the end.

Date:

SEPTEMBER 2010