Course Outline

HEED 102, Health Education: Individual Health and Wellness

3 Credits, 45 hours Lecture

Course Description:

This course is designed to offer an overview, within the context of the community and the Canadian health care system, of the physical, social, mental, environmental, and spiritual aspects of personal health and wellness. Topics include nutrition, exercise, stress management, weight management, eating disorders, common health problems and their prevention and primary health care. This course includes an individualized analysis of personal health issues and physical fitness. Students will be expected to demonstrate knowledge of the concepts of health and wellness, describe their dimensions, and plan, implement and report on a specific wellness plan or project as it relates to their own life. This is a theory course, which is applied in nursing courses.

Pre or Co-requisites: None

Instructor

Name: Shana Strickland
Office number: CC187G
Phone number: 780 791-8941
Email: Shana.Strickland@keyano.ca

Hours of Instruction: See Timetable

Required Resources

Hales, D., & Lauzon, L. (2021). *An invitation to health* (6th Canadian ed.). Toronto: Nelson.

Course Outcomes

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

1. Describe the concepts of health and wellness, health promotion and disease prevention.
2. Apply concepts of health and wellness to self.
3. Identify the benefits of a healthy lifestyle.
4. Implement a personal wellness plan.
5. Identify the various public and private agencies active in promoting health within the community.
6. Identify the principles of primary health care.
7. Identify strategies to prevent common health disorders.
8. Discuss the aging process and the strategies that can be adapted to promote healthy aging.

Evaluation

To receive credit in Health Education: Individual Health and Wellness, the learner must complete all course requirements, which includes one assignment, as well as a multiple choice midterm and final exam. Course credit will not be given if only parts of the course have been completed.

Distribution of Marks

Assessment Method	Description	Value	Date
Assignment 1 (Part A & B)	Scholarly paper – Implementation and evaluation of a personal wellness plan to adopt one new healthy behaviour	**30%**	**Testwell: Jan.11/22 (noon)** **Part A - Jan. 27/22 (noon)** **Part B - Feb. 8/22 (noon)**
Midterm Multiple choice questions	(Chapter 1-8)	**30%**	**Jan.20/22 - 9am**
Final Exam Cumulative multiple-choice questions	Demonstrate knowledge of course content (Chapters 1-17)	**40%**	**Feb.18/22 - 1pm**

Assessment Method	Description	Value	Date
	Total	100%	

Passing Level and Grading Scale

A student must achieve a minimum grade of C- or 60% to receive credit for
HEED 102 Health Education: Individual Health and Wellness.

Students must complete all assignments and the examination to receive a final course grade.
Students will not be allowed to rewrite the assignments or exam to raise their course grade.

Refer to the Keyano College Calendar for information regarding grading scale, supplemental
exams, extensions, and other program standard practices.

Important Additional Information

Note to all students: It is the student's responsibility to retain course outlines for possible
future use in support of applications for transfer credit to other educational institutions.

Grading System

OVERVIEW OF 4.0 POINT ALPHA AND NUMERIC GRADING SYSTEM

Descriptor	Alpha Scale	4.0 Numeric Scale	Percentage
Excellent	A+	4.0	96-100
	A	4.0	90-95
	A-	3.7	85-89
Good	B+	3.3	80-84
	B	3.0	76-79
	B-	2.7	72-75
Satisfactory	C+	2.3	68-71
	C	2.0	64-67
	C-	1.7	60-63
Poor Minimum Pass	D+	1.3	55-59
	D	1.0	50-54
Failure	F	0	0-49

See Timetable for Class Schedule.

Topics:

Students will work through the following 17 Chapters in the lectures:

Chapter 1: An Invitation to Health & Wellness

Topic 1.1: Understanding Determinants of Health

Topic 1.2: Elements of Health Behaviour

Chapter 2: Psychosocial Health

Chapter 3: Personal Stress Management

Chapter 4: Physical Activity

Chapter 5: Personal Nutrition

Chapter 6: Managing Your Weight

Chapter 7: Personal Relationships & Sexuality

Chapter 8: Birth Control Choices & Pregnancy

Chapter 9: Protecting Yourself from Infectious Diseases

Chapter 10: Lowering Your Risk of Major Diseases

Chapter 11: Drug Use, Misuse & Abuse

Chapter 12: Alcohol & Tobacco Use, Misuse & Abuse

Chapter 13: Traditional & Complementary Healthcare Approaches

Chapter 14: Staying Safe: Preventing Injury, Violence & Victimization

Chapter 15: Healthy Aging

Chapter 16: Working Towards a Healthy Environment

Chapter 17: The Spirit of Health & Wellness

Please Note:

Date and time allotted to each topic is subject to change.

Performance Requirements and Student Services

Student Responsibilities
It is your responsibility as a student to contact the Office of the Registrar to complete the forms for Withdrawal or Change of Registration, and any other forms. Please refer to the list of important dates as noted in the Academic Schedule in the Keyano College credit calendar. The Keyano College credit calendar also has information about Student Rights and Code of Conduct. It is the responsibility of each student to be aware of the guidelines outlined in the Student Rights and Code of Conduct Policies.

Student Attendance
Class attendance is useful for two reasons. First, class attendance maximizes a student's learning experience. Second, attending class is a good way to keep informed of matters relating to the administration of the course (e.g., the timing of assignments and exams). Ultimately, you are responsible for your own learning and performance in this course.

It is the responsibility of each student to be prepared for all classes. Students who miss classes are responsible for the material covered in those classes and for ensuring that they are prepared for the next class, including the completion of any assignments and notes that may be due.

Academic Misconduct
Students are considered to be responsible adults and should adhere to principles of intellectual integrity. Intellectual dishonesty may take many forms, such as:

- Plagiarism or the submission of another person's work as one's own;
- The use of unauthorized aids in assignments or examinations (cheating);
- Collusion or the unauthorized collaboration with others in preparing work;
- The deliberate misrepresentation of qualifications;
- The willful distortion of results or data;
- Substitution in an examination by another person;
- Handing in the same unchanged work as submitted for another assignment; and
- Breach of confidentiality.

The consequences for academic misconduct range from a verbal reprimand to expulsion from the College. More specific descriptions and details are found in the Student Rights and Code of Conduct section of the Keyano College credit calendar. It is the responsibility of each student to be aware of the guidelines outlined in the Student Rights and Code of Conduct Policies.

In order to ensure your understanding of the concept of plagiarism, you must successfully complete the online tutorial found on ilearn.keyano.ca. Then print the certificate, sign it, and show it to each of your instructors. Your course work may not be graded until you show this signed certificate.

Specialized Supports
The Student Services department is committed to Keyano students and their academic success. There are a variety of student supports available at Keyano College. Due to the continuing situation with the Covid-19 pandemic, the offered support services will be implemented differently this semester by being provided mostly virtually. In-person service can be requested as needed. All Alberta Health Services guidelines will be followed for in-person appointments—wear a mask, maintain two meters of physical distance, use hand sanitizer, and stay home if you are unwell.

All student services are available during Keyano business hours: Monday to Friday, 8h30-16h30.

Accessibility Services: provides accommodations for students with disabilities. Students with documented disabilities, or who suspect a disability, can meet with a Learning Strategist to discuss their

current learning barriers and possible accommodations. Students who have accessed accommodations in the past are encouraged to contact us to request them for the semester. Please note that requesting accommodations is a process and requires time to arrange. Contact us as soon as you know you may require accommodations. For accessibility services supports and to book a virtual appointment, please contact accessibility.services@keyano.ca.

Accessibility Services also provides individual and group learning strategy instruction for all students, as well as technology training and supports to enhance learning. Meet with a Learning Strategist to learn studying and test-taking strategies for online classes. Schedule an appointment with the Assistive Technology Specialist to explore technology tools for learning. Book an appointment today by emailing accessibility.services@keyano.ca

Wellness Services: offers a caring, inclusive, and respectful environment where students can access free group and individual support to meet academic and life challenges. Mental Health Coordinators offer a safe and confidential environment to seek help with personal concerns. All individual appointments will continue virtually.

Wellness Services welcomes students to participate in any of the virtual group sessions offered throughout the academic year addressing topics including mindfulness and test anxiety.

Individual virtual appointments can be made by emailing wellness.services@keyano.ca.

Library Services: provides students with research and information supports as they engage in their studies. Library staff are available to support you both virtually and in person throughout the semester. For a detailed list of library supports and services, go to www.keyano.ca/library. For any inquiries, please email askthelibrary@keyano.ca.

Begin your research with the Library's FIND page. Search for sources using OneSearch, the Library's Catalogue, or by searching in a specific database selected from the A-Z Database List.

Individual support with the Information Librarian is available virtually. Appointments can be requested by using the Book A Librarian online form.

Research and Subject Guides are helpful resources when beginning your research or addressing other information needs. To view a subject or course specific guide, go to the Subject Guide webpage here.

To access additional research resources, including Citation Guides (APA, MLA, Chicago, or IEEE), go to the Research Help Library page.

The Loanable Technology collection is available to support students in their online learning pursuits. Items available for borrowing include mobile projectors, webcams, noise cancelling headphones, Chromebooks, and laptops. For an up-to-date list of technology available for borrowing, go to the Library's Loanable Technology webpage.

Skill Centre: Provides academic support services to students registered in credit programs at Keyano College in the form of tutoring, assignment/lab support, writing support groups, facilitated study groups, workshops, and study space. This service is free and is available for all Math, Sciences, Humanities and Trades courses offered at Keyano.

While most courses are being offered online, the Skill Centre will be offering mostly virtual services and in-person sessions as requested. Please email Skill@keyano.ca to get in contact with our Academic Content Specialists. The Skill Centre is located in CC-119 at the Clearwater Campus.

For the most up to date information on how to book a session, please view the Keyano Skill Centre homepage.

Academic Success Coaching: offers you support and access to resources for your academic success to help you to find the Keys to your Success. The Academic Success Coach will work with you to develop an academic success plan, develop your study and time management skills, and connect you with the right resources here at Keyano. Academic.success@keyano.ca is the best way to access resources during virtual service delivery. The Academic Success Coach is located in the Skill Centre in CC-119 at the Clearwater Campus.

E-Learning
Technology and internet will impact your online learning experience. It's important that you are able to watch an online video and other course materials, take online quizzes, and participant in a live class with your instructor and other students.

Keyano College operates in a Windows based environment and having the correct tools for online learning is important. Here's a list of recommended system requirements.

Internet Speed
Minimum Internet speeds of 5 Mbps.
Recommended Internet speeds of 25 Mbps (especially if you are sharing your internet at home). Check your internet speed with Fast.com.

System requirements:

Microsoft Windows	Apple
Minimum Requirements:	**Minimum Requirements:**
A Windows 10 **computer/laptop**	A Macintosh (V10.14 and above) **computer/laptop**
· Minimum 4GB of RAM.	· Minimum 4GB of RAM.
· 10GB+ available hard drive storage.	· 10GB+ available hard drive storage.
· Enough available hard drive space to install the Microsoft Office suite (approximately 3GB). Microsoft Office software is free to all Keyano students and employees.	· Enough available hard drive space to install the Microsoft Office suite (approximately 3GB). Microsoft Office software is free to all Keyano students and employees.
· Microphone, webcam and speakers. A headset with a microphone is recommended.	· Microphone, webcam and speakers. A headset with a microphone is recommended.
· System updates must be regularly installed.	· System updates must be regularly installed.
· Anti-Virus / Anti-Malware software	· Anti-Virus / Anti-Malware software.

![Keyano College logo]

Course Outline

Recommended Requirements	Recommended Requirements
· 8GB of RAM

· A method of backing up/synchronizing to local or cloud-based storage such as OneDrive is highly recommended. This is included if you complete the setup of KeyanoMail and download MS Office using your Keyano email for free. | · 8GB of RAM

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Chromebooks are **not** recommended as they are not compatible with testing lockdown browsers.

A Microsoft Surface or iPad or iPad Pro may be possible alternatives in some program areas.

Specific Department Requirements:
Business and OA programs require Windows 10.
Other programs may utilize Windows based tools as well.

Computer Software
Students will be able to get access to Microsoft Office 365 for free using Keyano credentials by clicking here.

Recording of Lectures and Intellectual Property
Students may only record a lecture if explicit permission is provided by the instructor or by Accessibility Services. Even if students have permission to record a lecture or lecture materials, students may not share, distribute, or publish any of the lectures or lecture materials, this includes any recordings, slides, instructor notes, etc. on any platform. Thus no student is allowed to share, distribute, publish or sell course related content (instructor, or students) without permission. It is important to recognize that the Canadian Copyright Act contains provisions for intellectual property. The Academic Integrity Policy provides additional information on Keyano College's expectations from students as members of the intellectual community.

ITS Helpdesk
If you are having issues with your student account, you can contact the ITS Helpdesk by emailing its.helpdesk@keyano.ca or calling 780-791-4965.

COURSE ASSESSMENT

Assessment of your mastery of the content in this course will be determined through an analysis of your own community resources, a personal wellness plan and outcome evaluation, and a final cumulative exam.

Assignment –   **Scholarly Paper**
                    Part A – Adopting a New Healthy Behaviour
                    Part B – Evaluation of Adopting a New Healthy Behaviour

Submit each part of the assignment to your instructor/tutor by the specified date. This assignment contributes **30%** towards your course grade. For this Assignment - Part A is worth 15% and Part B is worth 15%.

In this assignment, you will have the opportunity to do the following:

- Assess your health across the six dimensions of wellness.

- Apply a behaviour change process to develop a plan to adopt a new healthy behaviour.

- Evaluate the behaviour change process of adopting a new healthy behaviour.

Midterm Exam

This is a multiple choice exam that contributes **30%** towards your final course grade. It covers all course information from Chapters 1 through 8.

Final Exam

This is a cumulative multiple-choice exam that contributes **40%** toward your final course grade. It covers all course information from Chapters 1 through 17.

Assignment – Scholarly Paper
Part A – Adopting a New Healthy Behaviour
Part B – Evaluation of Adopting a New Healthy Behaviour

Due date: Testwell results by Tuesday, January 11, 2022 at noon.
        Part A - Tuesday, January 27, 2022 at noon
        Part B – Tuesday, February 8, 2022 at noon

Instructions

This assignment has two parts: Part A is the adoption of a new healthy behaviour, and Part B is the evaluation of this action. This assignment must be completed over a period of time because the process of adopting a new healthy behaviour must be put into action before it can be evaluated. Each part of this assignment is to be submitted to your instructor/tutor by the specified date.

Each scholarly paper for Part A and Part B is to be no more than 3–4 typewritten pages following APA format. Refer to the marking guides for Part A and Part B at the end of this assignment. The page limit does not include the title page or the reference list.

- No abstract is required for Assignment 1, parts A and B.

- Use first person when referring to yourself.

Submit the Marking Guides with your assignment. See Appendix A

Part A: Adopting a New Healthy Behaviour

Step One: Personal Health Assessment

Conduct a personal health assessment across the six dimensions of wellness by performing the following tasks:

- Complete the Holistic Lifestyle Questionnaire by accessing the Testwell site on the Internet.

    o The questionnaire consists of several multiple-choice questions.
    o The questionnaire takes approximately 10 minutes to complete.
    o The results from this questionnaire are provided immediately after completing the questionnaire.
    o The information from the results is needed for this assignment.
    o **Submit the results on Moodle Dropbox by Tuesday, Jan.11/22 at noon**.

- Following completion of the questionnaire, use the instructions on the Testwell site to view the results of your personal health assessment in a bar graph format and itemized percentage scores. There are six dimensions of wellness, but from the results illustrated on the bar graph, ten categories appear. This is because some of the dimensions are further divided.

    o The physical dimension includes the physical, nutrition, and self-care categories.
    o The social dimension includes the social and environment categories.
    o The emotional dimension includes emotional awareness and emotional management categories.

Step Two: Selection of New Healthy Behaviour

View the Testwell analysis of your health across the six dimensions of wellness.

- Identify the dimension of wellness where you scored the lowest.

- Identify one new healthy behaviour that you wish to adopt that would improve your score within this dimension of wellness.

- Explain the reasons why you have selected the particular new healthy behaviour to adopt.

- Support your explanation by providing personal beliefs and evidence (rationale) from the literature.

Step Three: Discussion of Influencing and Disabling Factors

Identify all of the factors that influence your ability to attain the new healthy behaviour you wish to adopt.

- Predisposing factors
- Enabling factors
- Reinforcing factors

Identify all of the factors that could disable (interfere with) your ability to attain the new healthy behaviour you wish to adopt, and describe how you plan to manage these disabling factors.

Step Four: Creation of a Goal with Measurable Criteria

Create a goal statement that will allow you to determine the achievement of the goal in Part II. Include the following information in your goal statement:

- Behaviour change
- Measurable criteria
- Time frame

Here is an example of a goal statement that includes the above information. "I will lose 10 pounds in six weeks." The behaviour change is losing weight, the 10 pounds is the measurable criteria, and six weeks is the time frame.

Step Five: Strategies to Support the Adoption of a New Healthy Behaviour

Include a minimum of two strategies that will support you in adopting the new healthy behaviour and assist you in achievement of your goal. Use the "Strategies for Change" guidelines from Chapter 1 in the textbook.

Part B: Evaluation of Adopting a New Healthy Behaviour

Step One: Summary of Adopting a New Healthy Behaviour

Provide a brief review of the following information from Part A:

- The new healthy behaviour identified
- The rationale for changing the selected healthy behaviour
- The goal statement created and the measurable criteria used
- The strategy used to support the process of adopting the new healthy behaviour

Step Two: Evaluation of Adopting a New Healthy Behaviour

Determine whether or not your plan was successful, measuring the goal based on the evaluation criteria you identified in Part I.

Evaluate the following:

- Identify whether your goal was met or unmet by examining the measurable evaluation criteria, and determine whether the goal was realistic.
- Identify the predisposing, enabling, and reinforcing factors discussed in Part I that contributed to the goal being met or unmet.
- Identify which strategies in your plan contributed to the goal being met or unmet.
- **If the goal was unmet,** provide insight into determining what could be done differently to achieve the goal.

    Or

- **If the goal was met,** provide insight into actions required to maintain the behaviour change over a long period of time.
- Describe what it was like to live through the health behaviour change process.
- Relate the experience of adopting a new healthy behaviour to the importance of individual responsibility in maintaining health and wellness.

Assignment – Part A: Adopting a New Healthy Behaviour Marking Guide

Key Content	Marking Guide			
Points:	5	3	1	0
Personal Health Assessment and Selection of New Healthy Behaviour				
Submitted and analyzed the results from the Holistic Lifestyle Questionnaire as instructed, and identified one new healthy behaviour to adopt.	Excellent	Satisfactory	Minimal	None
Supported explanation for selecting adoption of new healthy behaviour by providing personal beliefs and evidence from the literature.	Excellent	Satisfactory	Minimal	None
				/10

Comments:

Key Content	**Marking Guide**			
Points:	**5**	**3**	**1**	**0**

Discussion of Influencing and Disabling Factors

Identified the predisposing, enabling, and reinforcing factors that influenced ability to attain the new healthy behaviour.	Excellent	Satisfactory	Minimal	None
Identified the factors that could disable (interfere with) ability to attain the new healthy behaviour.	Excellent	Satisfactory	Minimal	None
Described how the disabling factors would be managed in order to attain the new healthy behaviour.	Excellent	Satisfactory	Minimal	None
				/15

Comments:

Creation of a Goal with Measurable Criteria

Created a goal statement that included the behaviour change, time frame, and measurable criteria.	Excellent	Satisfactory	Minimal	None
				/5

Comments:

Strategies to Support the Adoption of a New Healthy Behaviour

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Key Content	Marking Guide			
Points:	**5**	**3**	**1**	**0**
Included a minimum of two strategies following the "Strategies for Change" as outlined in Chapter 1 of the textbook to support the adoption of a new healthy behaviour.	Excellent	Satisfactory	Minimal	None
				/5

Comments:

Format

	Marking Guide			
Paper formatted as required—referenced correctly in APA format (see APA marking guide).	Excellent	Satisfactory	Minimal	None
				/5

Comments:

Total				**/40**

Legend

5 –	Excellent work, comprehensive information or analysis included, great attention to detail throughout	1 –	Minimal required information included, incomplete work
3 –	Satisfactory work, most required information included at an adequate level	0 –	Required information not identifiable

Assignment – Part B: Evaluation of Adopting a New Healthy Behavior – Marking Guide

Key Content	Marking Guide			
Points:	**5**	**3**	**1**	**0**

Summary of Adopting a New Healthy Behaviour

Briefly reviewed the new healthy behaviour adopted and the rationale for changing the selected new healthy behaviour. Reviewed the goal statement and measuring criteria used, and the strategies used to support the adoption of the new healthy behaviour.	Excellent	Satisfactory	Minimal	None
				/5

Comments:

Evaluation of Adopting a New Healthy Behaviour

Identified whether the goal was met or unmet based upon examination of the measurable criteria, and determined whether the goal was realistic.	Excellent	Satisfactory	Minimal	None
Identified the predisposing, enabling, and reinforcing factors discussed in Part I that contributed to the goal being met or unmet.	Excellent	Satisfactory	Minimal	None
Identified strategies in the plan that contributed to the goal being met or unmet.	Excellent	Satisfactory	Minimal	None
If the goal was unmet, provided insight into determining what could be done differently to achieve the goal. **Or** If the goal was met, provided insight into actions required to maintain the behaviour change over a long period of time.	Excellent	Satisfactory	Minimal	None
Described what it was like to experience living through the health behaviour change process.	Excellent	Satisfactory	Minimal	None
Related the experience of adopting a new healthy behaviour to the importance of individual responsibility in maintaining health and wellness.	Excellent	Satisfactory	Minimal	None
				/30

APA and Grammar – Marking Guide

Key Content	Marking Guide			
Points:	**1**	**0.5**	**0.25**	**0**
Title Page				
Included header/running head and page number. Included in the upper half of the page: title of paper, student name, college name, course and section number, assignment name and number, instructor name (all centered), and date.	Excellent	Satisfactory	Minimal	None
Body of Paper				
Paper organized – running head and page number; introduction, body and conclusion; appropriate margins, double-spaced throughout, indented 5 spaces or 1 tab for new paragraphs, two spaces after a period, and correct font – Times New Roman, 12 pt. font.	Excellent	Satisfactory	Minimal	None
References				
Citations in body of paper followed APA 6th ed. format (if applicable)	Excellent	Satisfactory	Minimal	None
References on separate page, followed APA 6th ed. format (if applicable)	Excellent	Satisfactory	Minimal	None
Grammar and Spelling				
Grammar appropriate and words spelled correctly (< 5 errors)	Excellent	Satisfactory	Minimal	None
Total:				**/5**

Total: /40

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