

Winter 2023

HEED 102

Health Education: Individual Health and Wellness

Winter 2023

Instructor: Julie-Ann Lyon

3 credits, 45 hours

HEED 102, Health Education: Individual Health and Wellness

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 Julie-Ann Lyon
Office location CC205O
Phone number 780-791-4819
Julieann.lyon@keyano.ca

Office Hours

The Instructor is available for student consultation in office from Monday to Friday. Please contact your Instructor at the email above or contact the Nursing Office at (780) 791-4889 to arrange a time.

Hours of Instruction

See Self Service

Required Resources

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

Course Outcomes

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.

Attendance

All lecture, lab, and clinical learning experiences are critical in supporting student success and, as such, attendance is mandatory, notwithstanding excusable absences. In the event of an absence, please notify your instructor and nursing@keyano.ca immediately. Because of the timeframes for lecture, lab, and clinical learning, missed content is the responsibility of the student. Please ensure you have connected with a peer that can share notes with you to support your learning and decrease any gaps that occur in learning experiences during your absence.

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: Due: Jan.20, 2023 @ Noon Part A – Due: Feb.10, 2023 @ Noon Part B – Due: Mar.31, 2023 @ Noon
Midterm Multiple choice questions	(Chapter 1-8)	30%	Mar. 3 1330-1445 (Online)
Final Exam Cumulative multiple-choice questions	Demonstrate knowledge of course content (Chapters 1-17)	40%	TBA Finals Week Apr.17-21

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 Self Service 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: The date and time allotted to each topic are subject to change.

Performance Requirements and Student Services

Student Responsibilities

As a student, it is your responsibility to contact the Office of the Registrar to complete the required forms, including the Withdraw Course or Program or a Change of Registration form. Please refer to the important dates listed in the Academic Schedule in the [Keyano College credit calendar](#). The Keyano College credit calendar also has information about Student Rights and the Code of Conduct. It is the responsibility of each student to be aware of the guidelines outlined in the Student Rights and the Code of Conduct Policies.

Student Attendance

Class attendance is helpful for two reasons: First, class attendance maximizes a student's learning experience. Second, attending class is an excellent way to keep informed of matters relating to the course administration (e.g., the timing of assignments and exams). Ultimately, you are responsible for your learning and performance in this course. It is the responsibility of each student to be prepared for all classes. Absent students are responsible for the material covered in those classes, and students must ensure they are ready for their next class, including completing any missed assignments and notes.

Academic Misconduct

Students are considered responsible adults and should adhere to the principles of intellectual integrity. Intellectual dishonesty takes many forms:

- Plagiarism or the submission of another person's work as their 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,
- Submitting unchanged work 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. To ensure your understanding of plagiarism, you may be required to complete the online [Understanding Plagiarism tutorial](#) and submit the certificate of completion.

Online Learning

Technology and internet connectivity will impact your online learning experience. You may be required to watch online videos, take online quizzes, or participate in live online classes. Live/virtual courses will be hosted in Microsoft Teams or Zoom. For all course delivery types, you will access your course resources on Keyano's learning management system: Moodle (iLearn). Login in using your [Keyano username and password](#). Keyano College operates in a Windows-based environment and having access to the correct tools for online learning is essential. Here's a list of recommended system requirements.

Internet Speed

Minimum download and upload speeds of 10 Mbps. Recommended download speeds of 25 Mbps and upload speeds of 10 Mbps (if you are sharing your internet at home). You can check your internet speed with [Speedtest by Ookla](#).

Computer System Requirements

Microsoft Windows	Apple (Mac)
<p>Minimum Requirements:</p> <ol style="list-style-type: none"> Windows 10 Operating System or above 4GB of RAM 10GB available hard drive storage space <ol style="list-style-type: none"> Install the Microsoft Office 365 suite (~3GB) * Microphone, webcam, and speakers (All modern laptops have these three accessories built-in.) Windows has built-in anti-virus/malware software. It is essential to install system updates to keep your device secured regularly. <p>*Microsoft Office 365 is free to Keyano students.</p>	<p>Minimum Requirements:</p> <ol style="list-style-type: none"> Mac Operating System 10.14 (Monterey) or above 4GB of RAM 10GB available hard drive storage space <ol style="list-style-type: none"> Install the Microsoft Office 365 suite (~3GB) * Microphone, webcam, and speakers (All modern laptops have these three accessories built-in.) Mac has built-in anti-virus/malware software. It is important to install system updates to keep your device secured regularly. <p>*Microsoft office 365 is free to Keyano students.</p>
<p>Recommended Upgrades</p> <ul style="list-style-type: none"> 8GB of RAM Regularly back up or synchronize your files, locally or with a cloud-based storage option. <p>OneDrive is the cloud-based storage option free to students after the setup of KeyanoMail and Microsoft 365.</p>	<p>Recommended Upgrades</p> <ul style="list-style-type: none"> 8GB of RAM Regularly back up or synchronize your files locally or with a cloud-based storage option. <p>OneDrive is the cloud-based storage option free to students after the setup of KeyanoMail and Microsoft 365.</p>
<p>Tablets, iPads, and Chromebooks are not recommended: they may not be compatible with the testing lockdown browsers and Microsoft Office 365.</p>	

Specific Department Requirements

Business and OA programs require Windows 10.
Other programs may utilize Windows-based tools as well.

Computer Software

Students have access to Microsoft Office 365 and Read&Write for free using Keyano credentials.

Recording of Lectures and Intellectual Property

Students may only record a lecture if explicit permission is provided by the instructor or 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 course 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 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 have issues with your student account, you can contact the ITS Helpdesk by emailing its.helpdesk@keyano.ca or calling 780-791-4965.

COVID-19 We are subject to provincial, and municipal bylaws, and policies. These decisions may change pending further direction from the Alberta Chief Medical Officer, Alberta Health Services, and other provincial guidelines. To protect yourself and others, get immunized, wash your hands, wear a mask, keep your distance (2m/6 ft) and remain home when feeling unwell. For the most recent COVID-19 information, please refer to albertahealthservices.ca/COVID.

Specialized Supports The Student Services Department is committed to Keyano students and their academic success. There is a variety of student support available at Keyano. All student services are available during Keyano business hours: Monday to Friday, 8:30 a.m. to 4:30 p.m. The College is closed on statutory holidays. If you require support outside of regular business hours, please inform the support service team, and they will do their best to accommodate your needs.

Accessibility Services provides accommodations for students living with disabilities. Students with documented disabilities or who suspect a disability can meet with an Access Strategist to discuss their current learning barriers and possible accommodations. Students who have accessed accommodations in the past are encouraged to contact the department to request accommodations for the following semester. Please note that requesting accommodations is a process and requires time to arrange. Contact the department as soon as you know you may require accommodations. For accessibility supports and disability-based funding, please book an appointment by emailing us at: accessibility.services@keyano.ca.

Accessibility Services also provides individual and group learning strategy instruction for all students and technology training and support to enhance learning. You can meet with an Access Strategist to learn studying and test-taking strategies. In addition, you can 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 provide a safe and confidential environment for you to seek help with personal concerns. Our Wellness Navigator offers support with basic needs such as housing, financial and nutritional support, and outside referrals when needed. Wellness Services welcomes students to participate in group sessions that address topics including mindfulness and test anxiety throughout the academic year. Individual appointments can be made by emailing wellness.services@keyano.ca.

Library Services: provides students with research, information, and education technology supports as they engage in their studies. Library staff are available to help you online and in person throughout the semester. Librarians offer individual and small group appointments booked using the online [Book A Librarian calendar](#). The Library also provides research and subject guides to help you with your studies. To view a subject or course-specific guide, check out the complete list of online [Subject Guides](#). To start your research and access citation guides (APA, MLA, Chicago, or IEEE), visit the [Research Help page](#). The Library's collections (including print and online materials) are searchable using [OneSearch](#). The Library offers a Loanable Technology collection to support students accessing and using technology. For an up-to-date list of technology available for borrowing, visit the Library's [Loanable Technology webpage](#). For a detailed list of library resources and services, go to www.keyano.ca/library. For all inquiries, please email askthelibrary@keyano.ca or [chat with us online](#).

Academic Success Centre: The Academic Success Centre at Keyano College (CC-119) provides **free** academic support services to registered students, such as tutoring, writing support, facilitated study groups, workshops, and study space. Academic Content Specialists are available in Mathematics, Science, Trades, Power Engineering, Upgrading/College Prep, Human Services, English, Humanities, and more. Students are encouraged to visit the Academic Success Centre to discuss study strategies and academic concerns. For additional information, please email Academic.Success@keyano.ca.

Academic Success Coach: The Academic Success Coach is located in the Academic Success Centre and works with students to develop academic success plans, time management skills, study strategies, and homework plans. For additional information, please email Academic.Success@keyano.ca.

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 Jan.20, 2023 at noon.

Part A – Feb.10, 2023 at noon

Part B – Mar.31, 2023 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.

- The questionnaire consists of several multiple-choice questions.

- The questionnaire takes approximately 10 minutes to complete.
- The results from this questionnaire are provided immediately after completing the questionnaire.
- The information from the results is needed for this assignment.
- **Submit the results on Moodle Dropbox by Jan.20, 2023 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.

- The physical dimension includes the physical, nutrition, and self-care categories.
- The social dimension includes the social and environment categories.
- 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:					
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:					

Key Content	Marking Guide				
	Points:	5	3	1	0
<p>Creation of a Goal with Measurable Criteria</p> <p>Created a goal statement that included the behaviour change, time frame, and measurable criteria.</p>	Excellent	Satisfactory	Minimal	None	/5
Comments:					
<p>Strategies to Support the Adoption of a New Healthy Behaviour</p> <p>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.</p>	Excellent	Satisfactory	Minimal	None	/5
Comments:					
<p>Format</p> <p>Paper formatted as required—referenced correctly in APA format (see APA marking guide).</p>	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.	Excellent	Satisfactory	Minimal	None
Or If the goal was met, provided insight into actions required to maintain the behaviour change over a long period of time.				

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 page number. Included title of paper, student name, college name, course and section number, assignment name and number, instructor name and date.		Excellent	Satisfactory	Minimal	None
Body of Paper					
Paper organized –page numbers; introduction, body and conclusion; appropriate margins, double-spaced throughout, indented 1 tab for new paragraphs and correct font		Excellent	Satisfactory	Minimal	None
References					
Citations in body of paper followed APA 7 th ed. format (if applicable)		Excellent	Satisfactory	Minimal	None
References on separate page, followed APA 7th 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				

Authorization

This course outline has been reviewed and approved by the Program Chair.

Julie-Ann Lyon

[First Name, Last Name], Instructor

[First Name, Last Name], Chair

Date Authorized

[First Name, Last Name], Dean

Date Authorized

Signed copies to be delivered to:

Instructor

Registrar's Office