

Course ID:	Course Title:	Winter 2018
MED 275	Health & Wellness	Prerequisite: One of: BIO 133, BIO 105, KIN 201
		Credits: 3

Class Information		Instructor Information		Important Dates	
Days:	Wednesday/Friday	Instructor:	Megan Hallam, PhD	First day of classes:	Thu, Jan 4
Time:	8:15 am – 9:30 am	Email:	mhallam@ambrose.edu	Last day to add/drop, or change to audit:	Sun, Jan 14
Room:	A2131	Phone:		Last day to request revised exam:	Mon, Mar 5
Lab/ Tutorial:	None	Office:	L2091	Last day to withdraw from course:	Fri, Mar 16
		Office Hours:	By appointment, Fridays after class	Last day to apply for coursework extension:	Mon, Mar 26
Final Exam:	No final exam			Last day of classes:	Wed, Apr 11

Course Description

This course will cover the aspects of health and wellness and the importance of a healthy lifestyle. The course content includes physical fitness, stress management, nutrition, and a positive self-image. It will also address health problems related to aging, obesity, substance abuse, stress, STD's, and socio-economic status.

Expected Learning Outcomes

- 1) To understand the concepts of health and wellness.
- 2) To understand the importance of fitness and nutrition on health and wellness.
- 3) To understand the negative effect of stress, substance abuse, aging, and obesity on health and wellness.
- 4) To design a personal health plan.
- 5) To gain experience in interpreting and discerning correct information in the areas of health and wellness

Textbooks

Health: The Basics – 7th Canadian Edition (or 6th Canadian Edition) by Rebecca J. Donatelle & Angela M. Kolen Thompson

Additional resources may also be provided.

Course Schedule

This is a tentative schedule for the semester, topics may be presented in a different order.

Date	Topic	Textbook Chapter
Jan 5	Introductions & Health Concepts	1
Jan 10	Health Information	
Jan 12	Behaviour change	1
Jan 17	Physical Activity & Exercise	4
Jan 19	Muscular Strength	4
Jan 24	Cardiovascular System	12
Jan 26	Common Illnesses	9, 13
Jan 31	Presentations	
Feb 2	Addiction, Violence & Abuse	9, 11
Feb 7	The legal drugs & Review	10, 11
Feb 9	Midterm	
Feb 14	Relationships	7
Feb 16	Sexual & Reproductive Health	7, 8
Feb 21 & 23	NO CLASSES	
Feb 28	Nutrition	5
March 2	Nutrition	5
March 7	Weight management	6
March 9	Cancer	12
March 14	Diabetes	
March 16	Presentations	
March 21	Sleep	
March 23	Mental Health	2
March 28	Midterm	
March 30	NO CLASS, GOOD FRIDAY	
April 4	NO CLASS, AMBROSE RESEARCH CONFERENCE	
April 6	Aging	17
April 11	Stress & Relaxation	3, 4

Requirements:

Written portions of assignments should be completed in accordance with the following criteria:

- Typed using a word processor
- Double spaced using
- Font style: Times New Roman, Arial or similar
- Font size: 12-point

For assignments requiring that a hard copy be turned in the following additional criteria should be followed:

- Include Title Page following posted example (includes the name of the assignment, student name, class, professor's name and date)
- Stapled in the top left hand corner
- Students may choose whether to hand in hard copies single- or double-sided

Unless stated otherwise, all assignments are to be done using full sentences and proper spelling and grammar. Any spelling and/or grammatical errors will result in a 0.5 point deduction per unique error on the assignment.

All assignments must be handed in electronically using Moodle in .doc or .docx format, or .ppt or .pptx when appropriate. Moodle cannot accept Pages or other kinds of files from Mac computers. A paper copy must also be submitted in class.

Turnitin will be used for all written assignments, as well as presentations. This web-based tool will compare your work with numerous sources, including your fellow students, to check for plagiarism. Please ensure you are handing in your own original work and properly citing appropriate sources. A report will be provided to you on Moodle on the due date of the assignment.

Late assignments: When assignments are due on a Friday, late assignments will be accepted until the beginning of class the following Wednesday. For each day an assignment is late 10% will be deducted from the grade earned on the assignment. Late assignments should be uploaded to Moodle and an e-mail should be sent to the professor to indicate the assignment has been uploaded.

Evaluation:

Current Event or Myth Presentation, January 31 OR March 16 – 10%

Short Written Assignments, TBA, hand in 2/3 – 10%

Midterm 1, February 9 – 25%

Nutrition Analysis, March 9 – 5%

Midterm 2, March 28 – 25%

Final Paper, April 12, 4:00 pm** – 25%

This should be handed into the Academic Office

Attendance:

Attendance at lectures is STRONGLY recommended and will help ensure success on course exams and assignments. Lectures will include material and explanation not available in PowerPoint slides that will be testable

Grade Summary:

The available letters for course grades are as follows:

<u>Letter Grade</u>	<u>Percentage</u>	<u>Description</u>
A+	97-100%	
A	92-96%	Excellent
A-	88-92%	
B+	82-88%	
B	77-82%	Good
B-	70-77%	
C+	67-70%	
C	63-67%	Satisfactory
C-	60-63%	
D+	54-60%	
D	50-54%	Minimal Pass
F	Below 50%	Failure

Because of the nature of the Alpha 4.00 system, there can be no uniform University-wide conversion scale. The relationship between raw scores (e.g. percentages) and the resultant letter grade will depend on the nature of the course and the instructor's assessment of the level of each class, compared to similar classes taught previously.

Please note that final grades will be available on student registration system. Printed grade sheets are not mailed out.

Ambrose University Academic Policies:

Communication

All students have received an Ambrose e-mail account upon registration. It is the student's responsibility to check this account regularly as the Ambrose email system will be the professor's instrument for notifying students of important matters (cancelled class sessions, extensions, requested appointments, etc.) between class sessions. If students do not wish to use their Ambrose accounts, they will need to forward all messages from the Ambrose account to another personal account.

Registration

During the **Registration Revision Period** students may enter a course without permission, change the designation of any class from credit to audit and /or voluntary withdraw from a course without financial or academic penalty or record. Courses should be added or dropped on the student portal by the deadline date; please consult the List of Important Dates. After that date, the original status remains and the student is responsible for related fees.

Students intending to withdraw from a course after the Registration Revision Period must apply to the Office of the Registrar by submitting a "Request to Withdraw from a Course" form or by sending an email to the Registrar's Office by the **Withdrawal Deadline**; please consult the List of Important Dates on the my.ambrose.edu website. Students will not receive a tuition refund for courses from which they withdraw after the Registration Revision period. A grade of "W" will appear on their transcript.

Students wishing to withdraw from a course, but who fail to do so by the applicable date, will receive the grade earned in accordance with the course syllabus. A student obliged to withdraw from a course after the Withdrawal Deadline because of health or other reasons may apply to the Registrar for special consideration.

Exam Scheduling

Students, who find a conflict in their exam schedule must submit a Revised Examination Request form to the Registrar's Office by the deadline date; please consult the List of Important Dates. Requests will be considered for the following reasons only: 1) the scheduled final examination slot conflicts with another exam; 2) the student has three final exams within three consecutive exam time blocks; 3) the scheduled final exam slot conflicts with an exam at another institution; 4) extenuating circumstances. Travel is not considered a valid excuse for re-scheduling or missing a final exam.

Electronic Etiquette

Students are expected to treat their instructor, guest speakers, and fellow students with respect. It is disruptive to the learning goals of a course or seminar and disrespectful to fellow students and the instructor to use electronics for purposes unrelated to the course during a class session. Turn off all cell phones and other electronic devices during class. Laptops should be used for class-related purposes only. Do not use iPods, MP3 players, or headphones. Do not text, read, or send personal emails, go on Facebook or other social networks, search the internet, or play computer games during class. Some professors will not allow the use of any electronic devices in class. The professor has the right to disallow the student to use a

laptop in future lectures and/or to ask a student to withdraw from the session if s/he does not comply with this policy. Repeat offenders will be directed to the Dean. If you are expecting communication due to an emergency, please speak with the professor before the class begins.

Academic Policies

It is the responsibility of all students to become familiar with and adhere to academic policies as stated in the Academic Calendar. Personal information (information about an individual that may be used to identify that individual) may be required as part of taking this class. Any information collected will only be used and disclosed for the purpose for which the collection was intended. For further information contact the Privacy Compliance Officer at privacy@ambrose.edu.

Extensions

Although extensions to coursework in the semester are at the discretion of the instructor, students may not turn in coursework for evaluation after the last day of the scheduled final examination period unless they have received permission for a course Extension from the Registrar's Office. Requests for course extensions or alternative examination time must be submitted to the Registrar's Office by the deadline date; please consult the List of Important Dates. Course extensions are only granted for serious issues that arise "due to circumstances beyond the student's control."

Appeal of Grade

An appeal for change of grade on any course work must be made to the course instructor within one week of receiving notification of the grade. An appeal for change of final grade must be submitted to the Registrar's Office in writing and providing the basis for appeal within 30 days of receiving notification of the final grade, providing the basis for appeal. A review fee of \$50.00 must accompany the appeal. If the appeal is sustained, the fee will be refunded.

Academic Integrity

We are committed to fostering personal integrity and will not overlook breaches of integrity such as plagiarism and cheating. Academic dishonesty is taken seriously at Ambrose University as it undermines our academic standards and affects the integrity of each member of our learning community. Any attempt to obtain credit for academic work through fraudulent, deceptive, or dishonest means is academic dishonesty. Plagiarism involves presenting someone else's ideas, words, or work as one's own. Plagiarism is fraud and theft, but plagiarism can also occur by accident when a student fails or forgets to acknowledge to another person's ideas or words. Plagiarism and cheating can result in a failing grade for an assignment, for the course, or immediate dismissal from the university college. Students are expected to be familiar with the policies in the current Academic Calendar that deal with plagiarism, cheating, and the penalties and procedures for dealing with these matters. All cases of academic dishonesty are reported to the Academic Dean and become part of the student's permanent record.

Note: Students are strongly advised to retain this syllabus for their records.