

<b>Course ID:</b>	<b>Course Title:</b>	<b>Winter 2022</b>
<b>MED 275</b>	<b>Health &amp; Wellness</b>	<b>Prerequisite: BIO 133 or KIN 201</b>
		<b>Credits: 3</b>

Class Information		Instructor Information		Important Dates	
<b>Delivery:</b>	Online	<b>Instructor:</b>	Dr. Megan C. Hallam, PhD	<b>First Day of Classes:</b>	January 10, 2022
<b>Days:</b>	Wed/Fri	<b>Email:</b>	<a href="mailto:mhallam@ambrose.edu">mhallam@ambrose.edu</a>	<b>Last Day to Add/Drop:</b>	January 23, 2022
<b>Time:</b>	6:30 pm – 7:45 pm	<b>Phone:</b>	403-410-2000 ext 2950	<b>Last Day to Withdraw:</b>	March 18, 2022
<b>Room:</b>	N/A	<b>Office:</b>	L1037	<b>Last Day to Apply for Extension:</b>	March 28, 2022
<b>Lab/Tutorial:</b>	N/A	<b>Office Hours:</b>	By appointment	<b>Last Day of Classes:</b>	April 14, 2022
<b>Final Exam:</b>	No final exam scheduled by the registrar				

### Important Dates and Information

For a list of all important dates and information regarding participating in classes at Ambrose University, please refer to the Academic Calendar at <https://ambrose.edu/academic-calendar>.

### 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 evaluate personal health.
5. To gain experience in interpreting and discerning correct information in the areas of health and wellness.

## Textbook

The required text's access card is available from the Lions Store and includes an eBook of the below text + access to MindTap. MindTap is required for this course and will be the location of multiple quizzes.

Hales, Lauzon and Lauzon, Lara. (2020). An invitation to health. Sixth Canadian edition. Toronto, Ontario: Nelson.

## Course Schedule

This online course will be delivered through live, synchronous classes on Wednesdays, while Friday's class is asynchronous and students can view a recorded lecture for the week at any point between the two live Wednesday classes.

*Tentative course schedule, subject to change.*

Date	Topic	Textbook Chapter	Due
Jan 12	Introductions & Health Concepts	1	
Jan 14	Behaviour Change	1	
Jan 19	Health Information		
Jan 21	Physical Activity & Exercise	4	
Jan 26	Weight Management	6	
Jan 28	Stress & Relaxation	3	
Feb 2	Midterm 1		Midterm 1
Feb 4	Nutrition	5	
Feb 9	Nutrition	5	
Feb 11	Library & Presentation Instruction		
Feb 16	Public Health, Infectious Disease & Vaccines	9	Written Reflection Due
Feb 18	Common Illnesses	13	
Feb 23 & 25	NO CLASSES – Reading Week		
Mar 2	Cardiovascular Disease & Diabetes	10	
Mar 4	Cancer	10	
Mar 9	<b>Presentations (NO LIVE CLASS)</b>		Presentation Due
Mar 11	<b>Presentations</b>		
Mar 16	Mental Health	2	Presentation Discussions Due
Mar 18	Cancer	10	
Mar 23	Midterm 2		Midterm 2
Mar 25	Sleep		
Mar 30	Aging	15	Personal Health Report Due
Apr 1	Sexual & Reproductive Health	7 & 8	
Apr 6	Addiction & Drugs	11 & 12	Optional Bonus: ARC Reflection
Apr 8	Legal Drugs		
Apr 13	Last Quiz		Last Quiz

## Requirements:

MindTap Quizzes, multiple due dates (see MindTap and/or PDF due date checklist posted on Moodle) – 12%  
Midterm 1, February 2 – 18%  
Written Reflection (Choose between Stress & Relaxation, and Nutrition), February 16 – 7%  
Public Health Presentation, March 9 – 15%  
Midterm 2, March 23 – 19%  
Personal Health Report, March 30 – 20%  
OPTIONAL BONUS ASSIGNMENT - ARC Reflection, Apr 6 – Up to 3%  
Final Quiz, April 13 – 9%

Assignments should be completed in accordance with the following criteria:

- Typed using a word processor and saved in .doc or .docx format
- Double spaced
- Font style: Arial or Calibri (Do **not** use Times New Roman)
- Font size: 12-point
- Further instructions regarding tables and figures can be found on Moodle

Unless stated otherwise, all written assignments are to be done using full sentences with proper spelling and grammar. For each unique error 0.5 marks will be deducted, this includes spelling, grammar, and formatting. All assignments must be handed in electronically using Moodle in .doc or .docx format. Moodle cannot accept Pages or other kinds of files from Mac computers, and I am unable to open them.

Turnitin will be used for all written assignments. This web-based tool housed within Moodle 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. Refer to the Plagiarism Policy on Page 4.

In-text citations and a full reference list are required for assignments. While no specific citation style is required, APA, or a numbered style is recommended. Footnotes should not be used.

Assignments are due at the beginning of class on the due date. MindTap quizzes are due before midnight and cannot be submitted late. Late assignments will be accepted for 5 days following the initial due date, when assignments are due on Wednesdays this means late assignments will be accepted until Monday, when assignments are due on Fridays late assignments will be accepted until Wednesday. A deduction of 10% of your earned grade per day will be applied to late assignments. All late assignments should be emailed to the instructor. No make up assignments are given under any circumstances. Students should submit all assignments, on time, to give themselves the best opportunity for their desired final grade.

The two midterm exams and last quiz will be done online using Moodle. These exams will occur during the normally scheduled 75 minutes of class – from 6:30 pm to 7:45 pm Mountain time. Midterm exams and the last quiz are closed book exams. Students may not use class notes, textbooks, internet or library searches, or any other sources, and cannot communicate with others during the exam. MindTap quizzes are open book and should be completed individually. It is recommended that students stick to class notes and the textbook as resources on MindTap quizzes to ensure accurate information is found when needed.

**Attendance:**

Students are strongly encouraged to attend every live class, and watch pre-recorded lectures in sequence with live lectures. Regular attendance and staying on schedule will help students be successful on assignments and exams.

**Grade Summary:**

The available letters for course grades are as follows:

Grade	Percentage	Interpretation	Grade Points
A+	95-100%	Excellent	4.00
A	91-95%		4.00
A-	88-91%		3.70
B+	83-88%	Good	3.30
B	78-83%		3.00
B-	73-78%		2.70
C+	68-73%	Satisfactory	2.30
C	64-68%		2.00
C-	60-64%		1.70
D+	55-60%	Poor	1.30
D	51-55%	Minimal Pass	1.0
F	Below 50%	Failure	0.00

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.

**Other:****Plagiarism Policy:**

It is your responsibility to ensure that all work you submit is original and that credit is given to ideas that are not your own. See below for Ambrose's statement defining plagiarism and outlining its consequences. It is always expected that you hand in your own, individual assignment that is your own original work, and that citations are used in the body of text for assignments, as well as included as a reference list, with full citations, at the end of the assignment.

Examples of plagiarism include, but are not limited, to:

1. Copying an assignment from someone else and submitting it as your own work.
2. Working with a friend and writing down identical answers, whether you understand the content or not, and submitting the assignments separately.
3. Quoting directly from a source without supplying quotation marks or a citation.

4. Quoting directly from a source without supplying quotation marks, even if it is referenced.
5. Submitting an assignment in which >30% of the content is properly quoted; that is, at least 70% of the words in an assignment need to be your own. A general rule of thumb: for every line quoted, there should be three lines of your own material explaining that quote.
6. Submitting the same or similar assignment for more than one class, or more than one iteration of the same class.

### **Penalties for plagiarism**

For a first offense in any one of my classes, a zero on the assignment with no chance of rewriting it, and a note in your academic file.

For a second offense in any one of my classes, a zero in the class, and recommendation for a note on your transcript.

For a third offense in any one of my classes, a zero in the class and a recommendation for expulsion from the university.

Note that Ambrose has an appeals process in place if you feel that allegations of plagiarism are unfounded; these are for final marks only, and not for individual assignments. Note that my record of a student's past plagiarism does not reset with each semester.

## Ambrose University Important Information:

### 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.

### 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 Academic Calendar. 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.

### Standards of Behaviour in the Classroom Setting

Learning is an active and interactive process, a joint venture between student and instructor and between student and student. Some topics covered within a class may lead to strong reactions and opinions. It is important that Students understand that they are entitled to hold contradictory beliefs and that they should be encouraged to engage with these topics in a critical manner. Committing to this type of "active learning" significantly increases the learning experience for both teacher and student, and reflects the Christian imperative to pursue truth, which lies at the heart of the Ambrose educational experience. However, active discussion of controversial topics will be undertaken with respect and empathy, which are the foundations of civil discourse in the Classroom Setting. Primary responsibility for managing the classroom rests with the instructor. The instructor may direct a student to leave the class if the student engages in any behaviour that disrupts the classroom setting. If necessary, Ambrose security will be contacted to escort the student from class. Please refer to your professor regarding their electronic etiquette expectations.

### 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. 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.

### Academic Policies

It is the responsibility of all students to become familiar with and adhere to academic policies as stated in the Academic Calendar. The academic calendar can be found at <https://ambrose.edu/content/academic-calendar-2>.

### Privacy

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](mailto:privacy@ambrose.edu).

### Coursework Extensions

Should a request for a time extension on coursework exceed the end of the term, a *Coursework Extension Application* must be completed and submitted to the Office of the Registrar. The extension (if granted) will be recorded on the student record. Extensions are granted at the discretion of the instructor and are normally granted for 30 days beyond the last day of the term.

Normally, Course Extension Applications will be considered only when all of the following conditions are met:

- the quality of prior course work has been satisfactory;
- circumstances beyond your control, such as an extended illness or death of a family member, make it impossible for you to complete the course work on time; and
- you submit *Coursework Extension Application* to the Office of the Registrar on or before the deadline specified in the Academic Schedule.

If granted, time extensions do not excuse you from a final examination where one has been scheduled for the course.

A temporary grade of TX will be assigned until a final grade is submitted in accordance with the new deadline. A final grade of F will apply to:

- all course work submitted after the end of the semester unless a coursework extension has been granted; and all course work submitted after the revised due date provided by an approved extension to coursework.

## Academic Success and Supports

### Accessibility Services

Academic accommodation is provided to Ambrose students with disabilities in accordance with the Alberta Human Rights Act and the Canadian Charter of Rights and Freedoms. Provision of academic accommodation does not lower the academic standards of the university nor remove the need for evaluation and the need to meet essential learning outcomes. Reasonable accommodations are tailored to the individual student, are flexible, and are determined by considering the barriers within the unique environment of a

postsecondary institution. It can take time to organize academic accommodations and funding for disability-related services. Students with a disability who wish to have an academic accommodation are encouraged to contact Accessibility Services as early as possible to ensure appropriate planning for any needs that may include accommodations. Staff can then meet with students to determine areas to facilitate success, and if accommodations are required, ensure those accommodations are put in place by working with faculty.

### **Ambrose Writing Services**

Ambrose Writing services provides academic support in the four foundational literacy skills—listening, speaking, reading, and writing. It also assists students with critical thinking and the research process. Throughout the academic year, students can meet with a writing tutor for personalized support, or they can attend a variety of workshops offered by Academic Success. These services are free to students enrolled at Ambrose University. Academic Success serves all students in all disciplines and at all levels, from history to biology and from theatre to theology. To learn more, please visit <https://ambrose.edu/writingcentre>

### **Ambrose Tutoring Services**

Ambrose Tutoring Services provides support in specific disciplinary knowledge, especially in high-demand areas such as chemistry, philosophy, math and statistics, and religious studies. These tutors also coach students in general study skills, including listening and note-taking. During the academic year, Ambrose Tutoring Services offers drop-in tutoring for courses with high demand; for other courses, students can book a one-to-one appointment with a tutor in their discipline. These services are free to students enrolled at Ambrose University. To learn more, please visit <https://ambrose.edu/tutoring>.

### **Mental Health Support**

All of us need a support system. We encourage students to build mental health supports and to reach out when help is needed.

#### On Campus:

- Counselling Services: [ambrose.edu/counselling](https://ambrose.edu/counselling)
- Peer Supportive Listening: One-to-one support in Student Life office. Hours posted at [ambrose.edu/wellness](https://ambrose.edu/wellness).
- For immediate crisis support, there are staff on campus who are trained in Suicide Intervention and Mental Health First Aid. See [ambrose.edu/crisissupport](https://ambrose.edu/crisissupport) for a list of staff members.

#### Off Campus:

- Distress Centre - 403-266-4357
- Sheldon Chumir Health Care Centre - 403-955-6200
- Emergency - 911

### **Sexual Violence Support**

All staff, faculty, and Residence student leaders have received *Sexual Violence Response to Disclosure* training. We will support you and help you find the resources you need. There is a website with on and off campus supports – [ambrose.edu/sexual-violence-response-and-awareness](https://ambrose.edu/sexual-violence-response-and-awareness).

#### Off Campus:

- Clinic: Sheldon Chumir Health Centre - 403-955-6200
- Calgary Communities Against Sexual Abuse - 403-237-5888

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