

# **HEED110**

## **Introduction to Personal Health and Well-being**

**3 Credits**

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## **HEED110 Version: 14**



### **Introduction to Personal Health and Well-being**

#### **Calendar Description**

An individual-based analysis of physical fitness and personal health issues. Emphasis on planning and managing one's own lifestyle for health and well-being within the context of the current health care system.

#### **Rationale**

This course is designed to provide students with information about various health topics and to increase their awareness of health issues as they affect not only individuals but also our society in general. Students are introduced to basic concepts of health, physical fitness and wellness. Students develop an awareness of their own personal health and well-being. Experiential learning through practical application is emphasized.

#### **Prerequisites**

English 30-1 or equivalent.

#### **Co-Requisites**

None

#### **Course Learning Outcomes**

Upon successful completion of this course, students will be able to

1. exhibit knowledge of concepts of physical fitness, health and wellness.
2. demonstrate an awareness of current health issues in relation to individuals, our environment and society.
3. research current health care literature and demonstrate how to locate such information.
4. examine their own personal well-being.

## Resource Materials

### *Required Text:*

Hales, Diana. *An Invitation to Health*. 5th Canadian ed. Toronto: Wadsworth, 2018. Print.

## Conduct of Course

**This is a 3 credit course with 3 hours of lecture per week. (3-0-0).**

This course uses lectures, activities, videos, discussion groups, guest lecturers, labs and peer presentations. Readings are assigned regularly. Students are expected to keep up with the readings and be prepared to discuss each in the class after it is assigned. Attendance is taken. Students are expected to attend regularly, be responsible for material presented in class, and participate in class discussions and activities.

Lakeland College is committed to the highest academic standards. Students are expected to be familiar with Lakeland College policies related to academic conduct and academic honesty and to abide by these policies. Violations of these policies are considered to be serious and may result in suspension or expulsion from the college.

## Evaluation Procedures

Assignments	40%
Midterm(s)	30%
Final Exam	30%

LATE PAPERS ARE DOCKED 10% PER DAY.

ALL ASSIGNMENTS MUST BE COMPLETED AND SUBMITTED TO THE INSTRUCTOR IN ORDER FOR THE STUDENT TO SIT THE FINAL EXAM.

**No supplemental assignments or examination re-writes are permitted in this course.**

## Grade Equivalents and Course Pass Requirements

*A minimum grade of D (50%) (1.00) is required to pass this course.*

Letter	F	D	D+	C-	C	C+	B-	B	B+	A-	A	A+
Percent Range	0-49	50-52	53-56	57-59	60-64	65-69	70-74	75-79	80-84	85-89	90-94	95-100
Points	0.00	1.00	1.30	1.70	2.00	2.30	2.70	3.00	3.30	3.70	4.00	4.00

**Students must maintain a cumulative grade of C (GPA - Grade Point Average of 2.00) in order to qualify to graduate.**

## Attendance

Regular attendance is essential for success in any course. Absence for any reason does not relieve a student of the responsibility of completing course work and assignments to the satisfaction of the instructor. Poor attendance may result in the termination of a student from a course(s).

If you do not meet the established attendance requirements, your instructor will recommend that the Registrar withdraw you from the course. A failing grade of RW (Required to Withdraw) will appear on your transcript.

In cases of repeated absences due to illness, the student may be requested to submit a medical certificate. *Instructors have the authority to require attendance at classes.*

## Course Units/Topics

A complete Course Outline is given to students on the first day of class.

### Chapters:

- Chapter 1 An Invitation to Health and Wellness
- Chapter 2 Psychosocial Health
- Chapter 3 Personal Stress Management
- Chapter 4 Physical Activity for Fitness and Health, and athletic performance
- Chapter 5 Personal Nutrition
- Chapter 6 Healthy Eating for Weight Management
- Chapter 7 Personal Relationships and Sexuality
- Chapter 8 Birth Control Choices and Pregnancy
- Chapter 9 Protecting Yourself from Infectious Diseases
- Chapter 10 Lowering Your Risk of Major Diseases
- Chapter 11 Drug Use, Misuse and Abuse
- Chapter 12 Alcohol and Tobacco Use, Misuse, and Abuse
- Chapter 13 Traditional and Complementary Health Care Approaches
- Chapter 14 Staying Safe: Preventing Injury, Violence and Victimization
- Chapter 15 Health Aging
- Chapter 16 Working Toward a Healthy Environment
- Chapter 17 The Spirit of Health and Wellness

***Students, please refer to your Lakeland College "University Transfer Program Planning Guide" for information on Academic Issues.***



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