



## COLLEGE of SOCIAL AND APPLIED HUMAN SCIENCES

DEPARTMENT OF FAMILY RELATIONS  
AND APPLIED NUTRITION

# FRHD\*1100 Life: Health and Wellbeing

## COURSE OUTLINE – FALL 2018

### 1. CALENDAR DESCRIPTION

**Credit Weight:** 0.5 credits

**Course Hours:** 3-0 (3 lecture; 0 lab/seminar)

**Pre-Requisite(s):**

**Co-Requisites(s):**

**Restriction(s):** This is a Priority Access Course. Some restrictions may apply during some time periods. This enables students who need the course for their programs.

### 2. COURSE DESCRIPTION

This course integrates the theory, application and research of various aspects of health-related topics across the lifespan, emphasizing relevance to the lives of young adults.

This course was designed with YOU in mind! Every topic and assignment was created with your mental, physical, emotional, social, and relational health in mind, and to help you develop skills which will facilitate your success at university. So, read the book, come to class, participate on the website, and complete the assignments – and improve your health and wellbeing!

**Class Organization:** Class times are divided between “Meet-ups” (where members of the campus community come for 10 minutes to talk about resources available to support your wellness), lectures, and guest speakers (we will have 4 on key topics, see course schedule for info). Lectures will be engaging, interactive, and full of information you can use right away in supporting your health while at university and beyond! Google hangouts and Courselink discussion boards will provide assistance with assignments and an opportunity to chat with other students, the TAs, and the instructor.

It is a useful rule of thumb to consider that for every hour spent in the lecture, one hour will be spent in in course activities, i.e., reading the textbook, working on assignments, exam preparation, etc.

### 3. TIMETABLE

**Lecture:** Tuesdays, 7-9:50pm  
**Location:** Rozanski 101  
**Final Exam:** December 10, 2018 11:30-1:30

### 4. INSTRUCTIONAL SUPPORT

**Course Instructor:** Robin Milhausen  
**Email:** [rmilhaus@uoguelph.ca](mailto:rmilhaus@uoguelph.ca)  
**Telephone:** 519-824-4120 ext. 54397 (but email preferred)  
**Office:** MINS 227C  
**Office Hours:** **Tuesdays 1pm-2pm**

**Teaching Assistants:** Teresa Smith <[tsmith31@uoguelph.ca](mailto:tsmith31@uoguelph.ca)>,  
Zohreh Sojoudi <[zsojoudi@uoguelph.ca](mailto:zsojoudi@uoguelph.ca)>,  
Riley Easterbrook <[reasterb@uoguelph.ca](mailto:reasterb@uoguelph.ca)>,  
Curtis Holmes <[holmesc@uoguelph.ca](mailto:holmesc@uoguelph.ca)>,  
Kaitlin Twigger <[ktwigger@uoguelph.ca](mailto:ktwigger@uoguelph.ca)>

### 5. LEARNING RESOURCES

#### Required Resource(s):

Hales & Lauzon, An Invitation to Health (5<sup>th</sup> Canadian Edition, 2018) available from the campus bookstores and directly from the publisher:

<https://www.nelsonbrain.com/shop/ProductDisplay?langId=-1&storeId=10651&catalogId=10052&productId=809264>

An electronic version is available as well as paper copy. The course key to access electronic resources is: <https://login.nelsonbrain.com/course/MTPPHR7PK024>

#### Recommended Resource(s):

It is not mandatory to use the electronic resources that come with the text, called Mindtap, but these are helpful!

## 6. LEARNING OUTCOMES

At the completion of the course, successful students will be able to:

1. Describe traditional and contemporary views of, and research on, health and wellness concepts, including mental, emotional, nutritional, physical, social, environmental, and spiritual dimensions;
2. Identify and evaluate values, attitudes, behaviours, and lifestyle changes that impact health and wellbeing;
3. Provide examples of how the dimensions of wellness are interconnected, as well as how they are connected to overall personal health and wellbeing;
4. Identify and access health and wellness services and resources, on and off campus;
5. Develop strategies to support your current and ongoing personal health and wellness and academic success.

## 7. TEACHING AND LEARNING ACTIVITIES

Week	Topics	Assigned Readings & Guest Speakers	Notes & Due Dates
1	Introduction to Health and Wellness Transition to University	Chapters 1 and 13 Meet: Alison Burnett, Student Health Services	
2	Mental Health	Chapter 2 Meet: Robert Routledge, Student Life; Diana Chinnery, Counseling Services	Reflection 1 Due Sunday, Sept. 23 at 10pm (late penalties apply at 10:01)
3	Stress Management	Chapter 3 Meet: Barry Praasmsma-Townshend Guest Speaker: Kathy Somers, Stress Management and High Performance Clinic	
4	Alcohol and Tobacco Use	Chapter 12 Meet: Melanie Cassidy, Library	
5	Fall Break, no class		
6	Drug Use	Chapter 11 Meeting: Writing Services	
7	Midterm Exam		7:00pm Last names A-K 8:30pm Last names L-Z

Week	Topics	Assigned Readings & Guest Speakers	Notes & Due Dates
8	Nutrition	Chapters 5 and 6 Guest Speaker: Lindzie O'Reilly, Campus Dietician	
9	Physical Activity	Chapter 4: Guest Speaker: Lynne Skilton-Hayes, Athletics	
10	Sexuality	Chapter 7 (page 173-180) Chapter 8 (page 191-206) Chapter 9 (page 237-250)	Resource Worksheets Due Sun., Nov. 18, 10pm (late penalties apply 10:01pm)
11	Social Support, Relationships and Communication	Chapter 7 (page 161-172) Chapter 14 (page 389-397) Guest Speakers: Jean Thompson, Wellness Centre, and Meaghan Morris, Diversity and Human Rights (8:30pm)	Reflection 2 Due Sun., Nov. 25, 10pm (late penalties apply 10:01)
12	Environmental Health and Spiritual Health	Chapter 16 and 17	
Thurs., Nov. 29	Makeup class from Fall Break Course Wrap-up and Physical Activity Stress Buster	<b>Class Trip to Athletics – Zumba, Athletics Tours, or Seated Meditation (in-class)</b>	

**Note:** This is a tentative schedule; however, due to various unknown factors there may be changes. Any changes will be announced during class and an announcement will be posted on the CourseLink site.

## 8. ASSESSMENT DETAILS

Assessment	LOs Addressed	Due Date	% of Final
Wellness Reflections 1 and 2	3, 5	Sept. 23 and Nov. 25	15
Resource Worksheets	4	Nov. 18	15
Midterm Exam	1, 2, 3	Oct. 23	30
Final Exam	1, 2, 3	Dec. 10	40
<b>Total:</b>			100%

## 9. COURSE STATEMENTS

Course Website:

There is a course website at <http://courselink.uoguelph.ca>. All components of this course will be housed on the CourseLink site including this course outline, assignments, and links to further resources. Your assignments will be submitted through the Dropbox function. Marks and feedback will also be released on the site. Please familiarize yourself with this website as soon as possible and visit it regularly throughout the semester.

### **Sources of Support:**

The *Question Forum*, found within the course website (CourseLink), allows students to post questions or concerns related to course content or assignments. Post all of your questions here for the fastest answers, and check here first as someone else may have had the same question already. The professor, Teaching Assistants, as well as fellow students can respond to questions as they arise. Please check this forum regularly.

When questions or concerns of a more personal or individual nature arise, students can send email correspondence to the professor at [rmilhaus@uoguelph.ca](mailto:rmilhaus@uoguelph.ca). Due to the volume of email received, it is vital that students put **FRHD\*1100** in the **subject line**. Failure to do so could result in a delayed response. Please use an appropriate greeting followed by the instructor's correct name and address preference. For example: Hi Professor Milhausen, or Dear Professor will do. Messages without a greeting, personal address or greetings in your message like "hey you", "hey" or a form of demand are unprofessional. I will respond to emails within 72 hours.

**The Question Forum should be the first place you go with questions, myself (the instructor second) and your TA's last.**

### **Other Supports:**

Specially-trained Peer Helpers and professional staff in **Learning and Writing Services** can help you achieve your academic goals. Get personalized assistance in appointments or walk-in sessions, or stop by the Learning Commons (1st Floor Library) for free handouts and workshop information. Visit us online [www.learningcommons.uoguelph.ca](http://www.learningcommons.uoguelph.ca) or call ext. 53632.

The University of Guelph is committed to creating a barrier-free environment. Providing services for students is a shared responsibility among students, faculty and administrators. This relationship is based on respect of individual rights, the dignity of the individual and the University community's shared commitment to an open and supportive learning environment. Students requiring service or accommodation, whether due to an identified, ongoing disability or a short-term disability should contact **Student Accessibility Services** as soon as possible (ext. 56208).

### **Late Assignments:**

**Your Wellness Reflections and Resource Worksheets** will be accepted **up to one week** following the due date and with a **penalty of 10% (e.g. 78% - 10% = 68%)**. So, if you think you can earn a better grade by taking some extra time, do it. You don't need to email the professor or your TA. Submit your assignment to the drop box on the course website within one week of the due date. No questions asked.

**Receipt of Grades:**

After you receive a grade on CourseLink, please review your feedback. Any inquiry or dispute over the grade must be made within two weeks from the date they are posted. If you fail to protest any grade during this time limit, changes to the grade will not be considered. [Grades will be based on the Grading Procedures outlined in the Undergraduate Calendar.](#)

**Turnitin Software:**

In this course, your instructor may be using Turnitin, integrated with the CourseLink Dropbox tool, to detect possible plagiarism, unauthorized collaboration or copying as part of the ongoing efforts to maintain academic integrity at the University of Guelph.

All submitted assignments will be included as source documents in the Turnitin.com reference database solely for the purpose of detecting plagiarism of such papers. Use of the Turnitin.com service is subject to the Usage Policy posted on the Turnitin.com site.

**10. UNIVERSITY STATEMENTS****E-mail Communication:**

As per university regulations, all students are required to check their <uoguelph.ca> e-mail account regularly: e-mail is the official route of communication between the University and its students.

**When You Cannot meet a course requirement:**

When you find yourself unable to meet in-course requirements due to illness or compassionate reasons, please advise the course instructor (or designated person, such as a teaching assistant) in writing with name, ID#, and email contact. [See the undergraduate calendar for information on regulations and procedures for Academic Consideration.](#)

**Drop date:**

Courses that are one semester long must be dropped by the end of the fortieth class day; two-semester courses must be dropped by the last day of the add period in the second semester. The regulations and procedures for [Dropping Courses](#) are available in the Undergraduate Calendar.

**Copies of out-of-class assignments:**

Keep paper and/or other reliable back-up copies of all out-of-class assignments: you may be asked to resubmit work at any time.

**Accessibility:**

The University promotes the full participation of students who experience disabilities in their academic programs. To that end, the provision of academic accommodation is a shared responsibility between the University and the student.

When accommodations are needed, the student is required to first register with Student Accessibility Services (SAS). Documentation to substantiate the existence of a disability is required, however, interim accommodations may be possible while that process is underway.

Accommodations are available for both permanent and temporary disabilities. It should be noted that common illnesses such as a cold or the flu do not constitute a disability.

Use of the SAS Exam Centre requires students to book their exams at least 7 days in advance, and not later than the 40th Class Day.

More information: [www.uoguelph.ca/sas](http://www.uoguelph.ca/sas)

**Academic misconduct:**

The University of Guelph is committed to upholding the highest standards of academic integrity and it is the responsibility of all members of the University community – faculty, staff, and students – to be aware of what constitutes academic misconduct and to do as much as possible to prevent academic offences from occurring. University of Guelph students have the responsibility of abiding by the University's policy on academic misconduct regardless of their location of study; faculty, staff and students have the responsibility of supporting an environment that discourages misconduct. Students need to remain aware that instructors have access to and the right to use electronic and other means of detection.

Please note: Whether or not a student intended to commit academic misconduct is not relevant for a finding of guilt. Hurried or careless submission of assignments does not excuse students from responsibility for verifying the academic integrity of their work before submitting it. Students who are in any doubt as to whether an action on their part could be construed as an academic offence should consult with a faculty member or faculty advisor.

[The Academic Misconduct Policy is detailed in the Undergraduate Calendar.](#)

**Recording of materials:**

Presentations which are made in relation to course work—including lectures—cannot be recorded or copied without the permission of the presenter, whether the instructor, a classmate or guest lecturer. Material recorded with permission is restricted to use for that course unless further permission is granted.

**Resources:**

The [Academic Calendars](#) are the source of information about the University of Guelph's procedures, policies and regulations which apply to undergraduate, graduate and diploma programs.