



COLLEGE of SOCIAL AND APPLIED HUMAN SCIENCES

DEPARTMENT OF FAMILY RELATIONS
AND APPLIED NUTRITION

FRHD/NUTR*1100 Life: Health and Wellbeing

COURSE OUTLINE – FALL 2021

1. CALENDAR 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.

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. 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.

3. TIMETABLE

Lecture: Tuesdays, 7-9:50

Location: Rozanski 101

Final Exam: Monday, December 13, 2021; 2:30-4:30pm

4. INSTRUCTIONAL SUPPORT

Course Instructor: Robin Milhausen, PhD
Email: rmilhaus@uoguelph.ca
Telephone: 519-824-4120 ext. 54397 but email preferred
Office: MINS 227C
Office Hours: **Online, Fridays 10am**

Teaching Assistants: Jessie Zawadzki, Brody Dechamplain, Maria Rossi
Email: zawadzki@uoguelph.ca; bdechamp@uoguelph.ca; mrossi05@uoguelph.ca

Office: N/A

Office Hours: **by appointment**

5. LEARNING RESOURCES

Required Resource(s):

Title: An Invitation to Health
Author(s): Hales, D. and Lauzon, L.
Edition / Year: 6th Edition / 2021
Publisher: Cengage
ISBN: 0-17-688493-9 or 978-0-17-688493-2

The course key to access electronic resources is:

<https://login.nelsonbrain.com/course/MTPPHR7PK024>

You may purchase the textbook at the [Guelph Campus Co-op Bookstore](#) or the [University of Guelph Bookstore](#). Please note that DE textbooks are located in the Distance Education section of the University of Guelph Bookstore.

<https://bookstore.coop/>
<http://www.bookstore.uoguelph.ca/>

For more information about purchasing resources directly from the publisher, and how to go online to access the Mindtap course supplementary materials (e-book, flashcards, practice quizzes, see:

https://www.cengage.com/coursepages/University_FRHD1

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 Sept. 14	Introduction to Health and Wellness Transition to University	Chapters 1 and 13 Meet: Alison Burnett, Student Health Services	
2 Sept. 21	Mental Health Self Care	Chapter 2 Meet: Diana Chinnery, Counselling Services	Wellness Reflection 1 – Friday, Sept. 24 at 4pm Worth – 12.5%
3 Sept. 28	Stress Management	Chapter 3 Guest Speaker: Kathy Somers, Stress Management and High Performance Clinic	
4 Oct. 5	Alcohol and Tobacco Use	Chapter 12 Meet: Yoonhee Lee, Library Meet: Barry Praasma-Townshend, Student Accessibility Services	
5 Oct. 12	No class – fall break	No class – fall break	No class – fall break
6 Oct. 19	Drug Use	Chapter 11 Meet: Heather Mitchell, Learning Services	

Week	Topics	Assigned Readings & Guest Speakers	Notes & Due Dates
7 Oct. 26	Midterm – A-M last name 7-8:00 N-Z last name 8:30-9:30		Midterm – Chapters 1, 13, 2, 3, 12, and 11 and lecture content Worth - 30%
8 Nov. 2	Nutrition	Chapter 5 and 6 Guest Speaker: Lindzie O'Reilly, Campus Dietician	
9 Nov. 9	Physical Activity	Chapter 4 Guest Speaker: Lynne Skilton Hayes, Athletics	
10 Nov. 16	Social Support, Relationships, and Communication	Chapter 7 and Chapter 14 (section 14.3, 14.8c, 14.8d, 14.8e, 14,8f only) Meet: Sexual Violence Supports Coordinator	Campus Resource Log – Friday, November 19th, 4pm Worth - 5%
11 Nov. 23	Sexuality	Chapters 8 and 9	Wellness Reflection 2 – Friday November 26th at 4pm Worth – 12.5%
12 Nov. 30	Environmental Health Spiritual Health	Chapters 16 and 17	
Dec. 2 (class resched uled from Oct. 12)	Course Wrap-Up and Physical Activity Stress Buster	Class Activity – Zumba, Yoga, or Seated Meditation	Personal Wellness Activities Journal – December 2nd, 4pm Worth - 5%
Dec. 13	Final Exam 2:30-4:30 – location to be determined		Final Exam – Chapters 5, 6, 4, 7, 14 (sections noted above), 8, 9, 16, and 17 Worth - 35%

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
Midterm	1, 2, 3	October 26	30%
Final Exam	1, 2, 3	December 13	35%
Wellness Reflection 1	2, 4, 5	September 24	12.5%
Campus Resource Log	4	November 19	5%
Wellness Reflection 2	2, 4, 5	November 26	12.5%
Personal Wellness Activities Journal	5	December 2	5%
Total:			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. 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. 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 the TA's last.

Late Assignments:

All assignments have a 24 hour grace period – no late marks taken. Your Wellness Reflections will be accepted up to one week following the due date and with a penalty of 10% (e.g. 78% - 10% = 68%). It is 10% total – not per day. So, if you think you can earn a better grade by taking some extra time, do it! You don't need to email your professor or the TA's. Just submit your assignment to the drop box on the course website within one week of the due date. No questions asked. No assignments can be accepted after the last class day, Dec. 2nd.

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 will 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.

A major benefit of using Turnitin is that students will be able to educate and empower themselves in preventing academic misconduct. In this course, you may screen your own assignments through Turnitin as many times as you wish before the due date. You will be able to see and print reports that show you exactly where you have properly and improperly referenced the outside sources and materials in your assignment.

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:

Students have until the last day of classes to drop courses without academic penalty. 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

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.

Illness:

Medical notes will not normally be required for singular instances of academic consideration, although students may be required to provide supporting documentation for multiple missed assessments or when involving a large part of a course (e.g.. final exam or major assignment).

Safety Protocols:

For information on current safety protocols, follow these links: <https://news.uoguelph.ca/return-to-campuses/how-u-of-g-is-preparing-for-your-safe-return/>
<https://news.uoguelph.ca/return-to-campuses/spaces/#ClassroomSpaces>

Please note, these guidelines may be updated as required in response to evolving University, Public Health or government directives.

Disclaimer:

Please note that the ongoing COVID-19 pandemic may necessitate a revision of the format of course offerings, changes in classroom protocols, and academic schedules. Any such changes will be announced via CourseLink and/or class email. This includes on-campus scheduling during the semester, mid-terms and final examination schedules. All University-wide decisions will be posted on the COVID-19 website (<https://news.uoguelph.ca/2019-novel-coronavirus-information/>) and circulated by email.