

The University of Waterloo

Instructor: Dr. Courtney Newnham
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Office Hours: Mondays 12:30pm-1:30pm
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Course Overview

The purpose of the course is to introduce students to the constructs of health and wellness from a personal perspective. The course covers a range of health-related topics related to personal health and wellness, with a particular emphasis on increasing knowledge, awareness, and improving individual health. Students are expected to attend all lectures and participate in class discussions and presentations.

Course Goals and Learning Outcomes:

During this course and upon completion, you can expect to:

- Learn key concepts related to personal health and wellness
- Introduce students to health issues and concerns that face Canadians
- To gain an understanding of how personal decision making and behaviour shape our personal health
- To gain an understanding of how our personal health is shaped by social, cultural, historical, and political forces
- Enhance and expand your writing and presentation skills
- Use course concepts to explain / analyze / understand non-textbook material (i.e. films, documentaries, current events, newspaper articles etc.)

ANTIREQUISITE: The former Health Sciences 1000 or 021.

COURSE TEXT BOOK and READINGS:

Insel, P.M., & Roth, W.T., Irwin, J.D., & Burke, S.M. (2012). *Core Concepts in Health, Canadian Edition*. Oshawa, ON: McGraw-Hill Ryerson.

The text book has been ordered by the bookstore and should be available for students prior to the course start date.

Assist students with developing transdisciplinary skills – critical *and* creative thinking and analysis, presentation skills, argument formation

Topic	Class Lecture Date	Have Read in Text Before Class
Introduction: Taking Charge of Your Health AND Psychological Health	May 13 th , 2013	Ch. 1 (pp. 2-16) and Ch. 2 (pp. 33-53)
Stress: the Constant Challenge AND Weight Management	May 14	Ch. 3 (pp. 64-78) and Ch. 4 (pp. 94-119 – stop at Eating disorders) and How to conduct research, led by Health Sciences Librarian
Victoria Day May 20th, 2013 NO CLASS		
Nutrition Basics AND Exercise for Health and Fitness Cardiovascular Health AND	May 21	Quiz , Ch. 5 (pp.128-159) and Ch. 6 (pp.176-195)