

**COURSE NAME:** IPS110 Wellness

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Credit Value: 3  
Total Course Hours: 42  
Prerequisite Course(s): None  
Corequisite Course(s): None

## COURSE DESCRIPTION

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In this course students will explore the philosophy of holistic health. Traditional and contemporary care approaches will be explored through various mediums. Students will define the need to assume responsibility for personal health, healthy lifestyle choice and approaches to personal change. Students will participate in a variety of activities related to mental, physical, emotional and spiritual wellness.

## LAND ACKNOWLEDGEMENT

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Canadore College resides on the traditional territory of the Anishinaabeg and within lands protected by the Robinson Huron Treaty of 1850. This land is occupied by the people of Nipissing First Nation since time immemorial.

## PLAR INFORMATION

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This course is not eligible for Prior Learning Assessment and Recognition.

## COURSE LEARNING OUTCOMES

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Upon completion of this course, the student will have reliably demonstrated the ability to:

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| <p>1.0 Define the concept of well-being.</p> <p>1.1 Define well-being.</p> <p>2.0 Examine the philosophies of holistic health and report on their application in traditional and contemporary care approaches.</p> <p>2.1 Present Indigenous ideology of wellness from a holistic perspective through oral and written works.</p> <p>2.2 Describe spirituality as a concept of wellness.</p> <p>2.3 Describe the use of traditional practice and ceremony to achieve optimum wellness.</p> <p>2.4 Describe traditional approaches to maintaining wellness.</p> <p>2.5 Present a holistic approach to achieving and maintaining wellness in one's personal life.</p> <p>3.0 Demonstrate a commitment for personal health, healthy lifestyle choices, and approaches to personal change, and stress management.</p> <p>3.1 Describe the impact Government policies has had on Indigenous health and well-being.</p> <p>3.2 Discuss a current health issue and make a direct link back to the imposition of laws and</p> | <p>policies that have directly impacted Indigenous health and well-being.</p> <p>3.3 Explore and present various holistic care practices that help individuals maintain wellness in their lives.</p> <p>3.4 Describe homeopathy.</p> <p>4.0 Interpret personal wellness from a holistic perspective.</p> <p>4.1 Articulate the underpinnings of a Medicine Wheel.</p> <p>4.2 Discuss the four directions of the Medicine Wheel and the teachings from each direction.</p> <p>4.3 Articulate through oral and written presentation, the Medicine Wheel teachings to demonstrate life stages, cycles, balance and harmony.</p> <p>4.4 Describe balance and harmony as it relates to Wellness.</p> <p>4.5 Develop a holistic approach to achieving and maintaining wellness in one's personal life.</p> <p>4.6 Articulate the impacts that occur when an individual becomes unbalanced in any of the four quadrants of the medicine wheel</p> |
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framework.

4.7 Discuss the importance of maintaining balance and connection with self and others in relation to wellbeing.

## GENERAL EDUCATION

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This is not a General Education course.

## PROGRAM OUTCOMES

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This course contributes to the following Ministry of Colleges and Universities approved program learning outcomes (PLO):

### Indigenous Preparatory Studies

1. Utilize group and team work skills that contribute to effective working relationships and the achievement of goals.
2. Employ basic vocational skills drawn from the areas of Humanities, Social and Behavioural Sciences of Vocational Studies and Indigenous Knowledge
4. Apply problem solving skills and demonstrate critical decision making skills.
5. Describe understanding and knowledge of holistic well being as it relates to the Self.
6. Describe Indigenous pride and discusses understanding of Self and society through knowledge gained in a wide range of subjects.
7. Collect, organize, and apply relevant and necessary information from a variety of sources and examine and evaluate various aspects of our changing society to assist in developing a sense of personal and social responsibility as a citizen in society.

### Pre-Health Sciences Pathway to Certificates and Diplomas- Indigenous

2. Examine fundamental concepts, processes and systems of chemistry, including matter and chemical bonding; quantities in chemical reactions; solutions and solubility; acids and bases; as well as nomenclature, structure and properties of organic compounds in relation to health and the human body.
4. Use health sciences and other science-related language and terminology appropriately to communicate clearly, concisely, and correctly in written, spoken, and visual forms.
5. Prepare a personal strategy and plan for academic, career and professional development in the health sciences or other science-related fields.
7. Consider indigenous understanding and knowledge of holistic well-being when communicating with a client population.
8. Explain an indigenous perspective of holistic health and wellness to both a client population and non-Indigenous practitioners.

## ESSENTIAL EMPLOYABILITY SKILLS OUTCOMES

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This course contributes to the following Ministry of Colleges and Universities approved essential employability skills (EES) outcomes:

1. Communicate clearly, concisely, and correctly in the written, spoken, and visual form that fulfils the purpose and meets the needs of the audience.
2. Respond to written, spoken, or visual messages in a manner that ensures effective communication.
4. Apply a systematic approach to solve problems.

5. Use a variety of thinking skills to anticipate and solve problems.
6. Locate, select, organize, and document information using appropriate technology and information systems.
7. Analyse, evaluate, and apply relevant information from a variety of sources.
8. Show respect for the diverse opinions, values, belief systems, and contributions of others.
9. Interact with others in groups or teams in ways that contribute to effective working relationships and the achievement of goals.
10. Manage the use of time and other resources to complete projects.
11. Take responsibility for one's own actions, decisions, and consequences.

## EXTERNAL COURSE ACCREDITATIONS AND CONDITIONS

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There are no external accreditations or conditions identified for this course.

## COURSE EVALUATION

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Evaluation Item	Weight
Four Aspects of Wellness X 15% ea.	60%
Mid term Exam	15%
Final Exam	15%
Participation	10%

## COURSE PASS GRADE

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50

## GRADING SYSTEM

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A+: 90-100%	B+: 77-79%	C+: 65-69%	D: 50-54%	S - Satisfactory
A: 85-89%	B: 73-76%	C: 60-64%	F: 0-49%	I - Incomplete
A-: 80-84%	B-: 70-72%	D+: 55-59%		F- Repeat Course, included in GPA
				FS- Failure Supplemental
				FR- Repeat course, excluded from GPA

\*For a complete chart of grades and descriptions, please see the Grading Policy.

## LEARNING RESOURCES

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Course Textbooks:

Recommended:

Title: Course package

Author:

Publisher:  
Edition:  
Print ISBN:  
eBook ISBN:

Additional Learning Resources:

Various First Nation Newspapers, National Film Board Documentaries, Guest Speakers, resources provided by instructor.

Please see the [Campus Bookstore](#) to verify the current textbook costs and your [program page](#) for additional program fees and/or learning material requirements (see the "Tuition Fees" and "What You Need" sections).

Resources listed on the course outline support the achievement of learning outcomes, and may be used throughout the course to varying degrees depending on the instructor's teaching methodology and the nature of the resource.

Technology requirements - <https://www.canadorecollege.ca/BYOD>

The Harris Learning Library's staff can help you find resources to support your learning - [www.eclibrary.ca](http://www.eclibrary.ca)

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## LEARNING ACTIVITIES

In class lectures, small group exercises, land based and experiential learning; independent learning, presentations, personal insight activities.

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## DELIVERY MODE

This course may be delivered, in whole or in part, in a number of modalities, including In-Person, Remote (synchronous and/or asynchronous), hybrid, or Hyflex, as per accreditation and/or regulatory standards where appropriate. This information is identified on the course schedule (student and faculty).

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## RECORDING GUIDELINES

This class may be recorded by faculty of the College. Faculty will inform students when recording of the class commences and ceases. 'Recorded' means that the audio-visual and chat portions of the class will be recorded and then be stored on the College or vendor provider server. They will be made available to students, but only for the express and sole use of those registered in this course. If you have any questions or concerns about this recording, please contact your instructor or the College's privacy officer at [privacy.officer@canadorecollege.ca](mailto:privacy.officer@canadorecollege.ca). Full recording guidelines can be found at: <https://cdn.agilitycms.com/canadore-college/academic-centre-of-excellence/Canadore%20Recording%20Guidelines.pdf>

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## ACADEMIC POLICIES

Canadore College is committed to the highest standards of academic integrity, and expects students to adhere to these standards as part of the learning process in all environments. The College's Academic Integrity policy seeks to ensure that all students understand their rights and responsibilities in upholding academic integrity and that students receive an accurate and fair assessment of their work. Please review the Academic Integrity policy (A-18) and other academic policies found on our website:  
<https://www.canadorecollege.ca/about/policies>.

## COLLEGE POLICIES

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- Protecting human rights in support of a respectful college community

For college policies please see: <http://www.canadorecollege.ca/about-us/college-policies>.

## Accessibility Learning Services for Students with Disabilities - Student Success Services

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Student Success Services provides comprehensive support to students. We aim to ensure that all students have equal access to educational opportunities and can succeed in their academic journey. Our services focus on reducing and eliminating barriers related to education through individualized accommodations and support. If you are a student with a disability, we encourage you to register with Accessible Learning by completing the Student Success – Accessible Learning Services Form ([https://canadorecollege-accommodate.symplicity.com/public\\_accommodation/](https://canadorecollege-accommodate.symplicity.com/public_accommodation/)).

For more detailed information about the services offered, please visit our webpage: Student Success Services - (<https://www.canadorecollege.ca/support/student-success-services>). To connect with Student Success Services email [studentsuccessnow@canadorecollege.ca](mailto:studentsuccessnow@canadorecollege.ca) or call 705.474.7600 ext 5205.

## FIRST PEOPLES' CENTRE:

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A culturally safe environment offering CONFIDENTIAL student focused services, drop in or make an appointment to access:

- One on one counselling
- Elder in residence program
- Peer tutoring
- Peer mentorship
- Lunch & learn workshops on study skills, self-care, life skills
- Learning Resource Centre

Drop by our offices at C254 College Drive, W103 Commerce Court or call 705 474 7600 Ext. 5961 College Drive / 5647 Commerce Court.

<https://www.canadorecollege.ca/experience/indigenous-student-experience>

## WAIVER OF RESPONSIBILITY

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Every attempt is made to ensure the accuracy of this information as of the date of publication. The college reserves the right to modify, change, add, or delete content.

## HISTORICAL COURSE OUTLINES

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Students use course outlines to support their learning. Students are responsible for retaining course outlines for future use in applications for transfer of credit to other educational institutions.