

## The University of Waterloo

Instructor: Dr. Courtney Newnham  
Office: TBA  
Office Hours: Mondays 12:30pm-1:30pm  
Email: cnewnha@uwo.ca (\*\*please include: *HS 1001a* in your subject line\*\*)

### **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 <sup>th</sup> , 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
<b>Victoria Day May 20th, 2013 NO CLASS</b>		
Nutrition Basics AND Exercise for Health and Fitness	May 21	<b>Quiz</b> , Ch. 5 (pp.128-159) and Ch. 6 (pp.176-195)

Cardiovascular Health AND