

OFFICIAL UNDERGRADUATE COURSE OUTLINE FORM

Note: The University reserves the right to amend course outlines as needed without notice.

Course Code and Number: ACTA 20		Number of Credits: 0 Course credit policy (105)																	
Course Full Title: Wellness and Well-Being in Activity Course Short Title: Wellness and Well-Being <i>(Transcripts only display 30 characters. Departments may recommend a short title if one is needed. If left blank, one will be assigned.)</i>																			
Faculty: Faculty of Access and Continuing Education		Department (or program if no department): Continuing Education																	
Calendar Description: This introduction to wellness and well-being for an adult living in a care setting assists learners in understanding activity design and the individual in a holistic manner. Topics include exploring the six dimensions of wellness and making a connection between activity and leisure for individuals.																			
Prerequisites (or NONE):		None.																	
Corequisites (if applicable, or NONE):		None.																	
Pre/corequisites (if applicable, or NONE):		B or better in ACTA 10.																	
Antirequisite Courses <i>(Cannot be taken for additional credit.)</i> Former course code/number: Cross-listed with: Dual-listed with: Equivalent course(s): <i>(If offered in the previous five years, antirequisite course(s) will be included in the calendar description as a note that students with credit for the antirequisite course(s) cannot take this course for further credit.)</i>		Special Topics <i>(Double-click on boxes to select.)</i> This course is offered with different topics: <input checked="" type="checkbox"/> No <input type="checkbox"/> Yes <i>(If yes, topic will be recorded when offered.)</i>																	
<table border="1"> <tr> <th colspan="2">Typical Structure of Instructional Hours</th> </tr> <tr> <td>Lecture/seminar hours</td> <td>15</td> </tr> <tr> <td>Tutorials/workshops</td> <td></td> </tr> <tr> <td>Supervised laboratory hours</td> <td></td> </tr> <tr> <td>Experiential (field experience, practicum, internship, etc.)</td> <td></td> </tr> <tr> <td>Supervised online activities</td> <td>15</td> </tr> <tr> <td>Other contact hours:</td> <td></td> </tr> <tr> <td>Total hours</td> <td>30</td> </tr> </table>		Typical Structure of Instructional Hours		Lecture/seminar hours	15	Tutorials/workshops		Supervised laboratory hours		Experiential (field experience, practicum, internship, etc.)		Supervised online activities	15	Other contact hours:		Total hours	30	Independent Study If offered as an Independent Study course, this course may be repeated for further credit: <i>(If yes, topic will be recorded.)</i> <input checked="" type="checkbox"/> No <input type="checkbox"/> Yes, repeat(s) <input type="checkbox"/> Yes, no limit	
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Transfer Credit Transfer credit already exists: <i>(See bctransferguide.ca.)</i> <input checked="" type="checkbox"/> No <input type="checkbox"/> Yes Submit outline for (re)articulation: <input checked="" type="checkbox"/> No <input type="checkbox"/> Yes <i>(If yes, fill in transfer credit form.)</i>																			
Grading System <input checked="" type="checkbox"/> Letter Grades <input type="checkbox"/> Credit/No Credit																			
Labs to be scheduled independent of lecture hours: <input checked="" type="checkbox"/> No <input type="checkbox"/> Yes		Maximum enrolment (for information only): 24 Expected Frequency of Course Offerings: At least once annually <i>(Every semester, Fall only, annually, etc.)</i>																	
Department / Program Head or Director: Liana Thompson		Date approved: October 31, 2018																	
Faculty Council approval		Date approved: November 30, 2018																	
Dean/Associate VP: Sue Brigden		Date approved: December 3, 2018																	
Campus-Wide Consultation (CWC)		Date of posting: December 12, 2018																	
Undergraduate Education Committee (UEC) approval		Date of meeting: February 1, 2019																	

Learning Outcomes:

Upon successful completion of this course, students will be able to:

1. Analyze the six dimensions of wellness and well-being.
2. Describe the relationship between leisure/recreation and the effects on the individual's wellness and well-being.
3. Explain the implications of aging on the individuals' overall wellness and well-being.
4. Explore specific activities to promote the individuals' wellness.

Prior Learning Assessment and Recognition (PLAR)

Yes No, PLAR cannot be awarded for this course because it prepares students for a specific work role.

Typical Instructional Methods (*Guest lecturers, presentations, online instruction, field trips, etc.; may vary at department's discretion.*)

Online instruction (face-to-face digital), online lectures (independent), online discussion boards and quizzes.

NOTE: The following sections may vary by instructor. Please see course syllabus available from the instructor.

Typical Text(s) and Resource Materials (*If more space is required, download Supplemental Texts and Resource Materials form.*)

	Author (surname, initials)	Title (article, book, journal, etc.)	Current ed.	Publisher	Year
1.	Best-Martini, E., Weeks, M.A., & Wirth, P.	Long-Term Care for Activity Professionals, Social Services Professionals, and Recreational Therapists	<input checked="" type="checkbox"/>	Geriatric Educational; 7 edition	2018
2.			<input type="checkbox"/>		
3.			<input type="checkbox"/>		
4.			<input type="checkbox"/>		
5.			<input type="checkbox"/>		

Required Additional Supplies and Materials (*Software, hardware, tools, specialized clothing, etc.*)**Typical Evaluation Methods and Weighting**

Final exam:	%	Assignments:	40 %	Field experience:	%	Portfolio:	%
Midterm exam:	%	Project:	20 %	Practicum:	%	Other:	%
Quizzes/tests:	40 %	Lab work:	%	Shop work:	%	Total:	100%

Details (if necessary):**Typical Course Content and Topics**

- Six dimensions of wellness
- Social, emotional, spiritual, physical, cognitive, and environmental dimensions
- Connect each dimension to activity
- Implications of aging
- Effects on each dimension of the individual's wellness
- Activity ideas and strategies in each dimension using the person-centered approach