



INDG-105 – Introduction to Health and Wellness in Indigenous Communities

University Arts and Science

Effective Term & Year: Fall 2022

Course Outline Review Date: 2027-09-01

Program Area: Arts, Humanities, and Social Sciences

Description:

This course adopts a holistic approach to understanding health and wellness within Indigenous communities. Students examine many factors and conditions that impact Indigenous community health from a strength based rather than problem focused approach. This course also focuses on Indigenous worldviews in terms of how community health and wellness is articulated and maintained. Traditional knowledge and Indigenous scholarship are incorporated alongside critical Indigenous Studies perspectives. Whether delivered face to face or online, the course is treated as an interactive lecture series. Indigenous representatives from local communities and scholars knowledgeable about course topics share their valuable insights and knowledge with students.

Program Information:

This is a required course for the Aboriginal Education Support Worker Program. This course can be used as either a required course or an elective in several University Studies Programs. Refer to the College Program Guide for additional information.

Delivery Methods: On-campus (Face-to-Face), Online

Credit Type: College of the Rockies Credits

Credits: 3

Course type/s: Social Sciences

Instructional Activity and Hours:

| Activity | Hours |
|---|-----------|
| Classroom, Directed Studies or Online Instruction | 45 |
| Seminar/Tutorials | |
| Laboratory/Studio | |
| Practicum/Field Experience | |
| Co-op/Work Experience | |
| Other | |
| Total | 45 |

Course Requisites:

- Earned a minimum grade of C+ (65%) in at least 1 of the following:
 - [ENGL090](#) – English – Provincial Level

Flexible Assessment: Yes

In some cases students may be able to apply for recognition of prior learning outside the classroom. This flexible assessment process provides equivalent course credit. It is a rigorous process that may include external evaluation, worksite assessment, demonstration, standardized test, self-assessment, interview, products/portfolio, and challenge exam, or other measures as appropriate. Tuition fees apply. Contact an education advisor for more information.

Course Transfer Credit:

For information about receiving transfer credit for courses taken at other BC institutions, please see <http://www.bctransferguide.ca>. All requests for course transfer credit from institutions in BC or elsewhere should go to the College of the Rockies Enrollment Services office.

Textbook Resources:

Textbook selection varies by instructor and may change from year to year. At the Course Outline Effective Date the following textbooks were in use:

Greenwood, M., de Leeuw, S., Lindsay, N.M. & Reading, C. (2015) *Determinants of Indigenous Peoples' Health in Canada: Beyond the social*. Canadian Scholars' Press.

Speck Culhane, D. (1987). *An Error In Judgment: The Politics of Medical Care in an Indian/white Community*. Talon Books

Selected readings available online.

Please see the instructor's syllabus or check COTR's online text calculator <https://textbook.cotr.bc.ca/> for a complete list of the currently required textbooks.

Learning Outcomes:

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

- recognize and articulate the social determinants of health for Indigenous peoples from an Indigenous Studies perspective;
 - discuss their own vocational roles, responsibilities, and relationships within the context of Indigenous health and wellness;
 - recognize the importance of holistic, culturally relative and appropriate, community led health and wellness;
 - use reflective thinking to evaluate historical and current factors that impact Indigenous peoples' health and wellness;
 - recognize the disparities in health and wellness resources for Indigenous communities and the institutional causes of these disparities;
 - recognize the effects of intergenerational oppression and systemic racism on communities and individuals;
 - summarize introductory level Indigenous traditional knowledge, Indigenous scholarship and critical Indigenous Studies perspectives on current trends and issues with regard to community health and wellness;
 - identify and demonstrate strength based focused practice and perspectives;
 - identify best practices in Indigenous community health and wellness;
 - demonstrate a culturally relative perspective in appreciating and recognizing the diversity of Indigenous peoples perceptions of community health and wellness; and
 - situate their own worldview and its impact on understanding Indigenous peoples.
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Course Topics:

- Perspectives on health and wellness from traditional knowledge, Indigenous scholarship, and contemporary Indigenous Studies
- Respecting identity and diversity in Indigenous communities
- The ongoing impacts of colonization, genocide, and racism on individuals and communities
- Strength based perspectives and practices
- Institutional and colonial barriers to incorporating Indigenous health and wellness: residential school experiences and intergenerational impacts; substance abuse/addictions; fetal alcohol spectrum disorder; diet related illnesses and compromised mental and spiritual health

- Successes and best practices in health and wellness: harm reduction, trauma-informed practice, consent education, inclusive language,
- Connections to the land, culture and identity to support health and wellness
- Community healing and empowerment

See instructor’s syllabus for the detailed outline of weekly readings, activities and assignments.

Evaluation and Assessments

Assessment Type: On-Campus (face-to-face) and Online, or Hybrid

| Assessment Type | % of Total Grade |
|---|------------------|
| Reflective Journal(s) | 30% |
| Midterm Research Paper | 20% |
| Interaction & Engagement in Discussions | 20% |
| Final Reflective Essay | 30% |
| Total | 100% |

Grade Scheme

| A+ | A | A- | B+ | B | B- | C+ | C | C- | D | F |
|------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-----|
| >=90 | 89-85 | 84-80 | 79-76 | 75-72 | 71-68 | 67-64 | 63-60 | 59-55 | 54-50 | <50 |

Pass requirements: None

Evaluation Notes: A grade of “D” grants credit, but may not be sufficient as a prerequisite for sequential courses.

Exam Attendance:

Students must attend all scheduled exams at the appointed time and place. Instructors may approve an alternate exam to accommodate an illness or personal crisis. Department heads will consider other written requests. Any student who misses a scheduled exam without prior approval will receive a “0” on the exam.

Academic Policies:

College of the Rockies policies related to courses can be found at <https://cotr.bc.ca/about-us/college-policies/> and include the following:

- Policy 2.4.3 Students with Documented Disabilities
- Policy 2.4.4 Student Conduct (plagiarism, other cheating, behavioral misconduct)

- Policy 2.5.8 Academic Performance
 - Policy 2.5.3 Grade Appeal
 - Policy 2.4.9 Student Concerns Re Faculty
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Equivalent Course(s) and Course Code Changes

Prior Course Code: ANTH 105

Date changed: March 2021

Course Changes:

The College of the Rockies updates course outlines regularly to meet changing educational, employment and marketing needs. The instructor will notify students in writing of any updates to this outline during the semester. The instructor reserves the right to revise, add or delete material while meeting the learning outcomes of this course outline.