



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

University Arts and Science

Effective Term & Year: Fall 2025

Course Outline Review Date: 2030-03-01

Program Area: Arts, Humanities, and Social Sciences

Description:

This course focuses upon an understanding of health and wellness within Indigenous communities, from Indigenous Peoples' Perspectives. Students examine many factors and conditions that impact Indigenous Peoples' health stemming from both the individual and collective experiences. Additional focus emphasizes how community health and wellness is articulated and maintained according to Indigenous Peoples Place Based Worldviews and definitions. Indigenous scholarship, including what is referred to as 'traditional knowledges' are incorporated alongside interdisciplinary perspectives, privileging Indigenous Peoples' voices.

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
 - ENST 12 – English Studies 12
 - ENGL090 – English – Provincial Level

Prior Learning and Recognition: Yes

Students are able to request formal recognition of their prior learning or experience outside the classroom. Challenge examination, portfolio-assisted assessment, work-based assessment or a combination of assessments that is appropriate to identify, assess, and recognize prior skills, competencies, and knowledge to achieve course credit. Tuition fees apply, refer to Policy 2.5.5 [Prior Learning Assessment and Recognition \(PLAR\)](#) or contact an education advisor for more information.

Course Transfer Credit:

For information about receiving transfer credit for courses taken at either British Columbia or Alberta institutions, please see <https://www.bctransferguide.ca/> or <https://transferalberta.alberta.ca> . For more transfer credit information, please visit <https://www.cotr.bc.ca/Transfer>

All requests for course transfer credit from institutions in British Columbia or elsewhere should go to the College of the Rockies Enrolment 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:

Umek. Atleo, E.R. 2004. *Tsawalk: A Nuu-chah-nulth Worldview*. UBC Press: Vancouver. ISBN:

0-7748-1085-8

Greenwood, M., de Leeuw, S., Stout, R. and R. Larstone, and J. Sutherland. 2022. *Introduction to Determinants of First Nations, Inuit, and Me?tis Peoples' Health in Canada*. Canadian Scholars Press: Toronto. ISBN 9781773383194

Settee, P. and Shukla, S. 2020. *Indigenous Food Systems: Concepts, Cases and Conversations*. Canadian Scholars Press: Toronto. ISBN 9781773381091

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

- describe the importance of Indigenous Peoples' place-based knowledge at an introductory level within Indigenous Peoples' social determinants of health;
- discuss the importance of Indigenous Peoples' culturally relative and relevant perspectives of Indigenous Peoples' community health and wellness;
- examine historical and current factors that impact Indigenous Peoples' health and wellness as individuals and collectives;
- identify the institutional causes of health and wellness disparities;
- evaluate how Intractable Conflict can be perpetuated and/or impact Truth and Reconciliation efforts in health; and
- synthesize professional and vocational roles, responsibilities and relationships within the context of Indigenous Peoples' health and wellness.

Course Topics:

- Definitions of Health and Wellness from Indigenous Peoples' place based knowledge relationships and Indigenous scholarship, within an Indigenous Studies approach
- Roles of 'academic' and 'traditional' Knowledge Holders in relation to current trends and issues and historical impacts and events
- Connections to the land, culture and identity in support of Indigenous Peoples' definitions of health and wellness
- Indigenous Peoples' healing and empowerment
- Individual and Collective identity and diversity in Indigenous Peoples' communities
- Impacts of colonization, genocide, and racism on individuals and communities on concepts of Health and Wellness including perpetuating Intractable Conflict

- Institutional and colonial barriers to incorporating Indigenous Peoples’ definitions of health and wellness
- Successes and next practices in health and wellness including Truth and Reconciliation efforts and events of recognition
- The role of landscapes and waterways for continued health and well being
- Epigenetics and biological embedding within landscapes and waterways, including food sovereignty
- Food sheds, sovereignty, security and systems

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%
Discussion Leadership	30%
Final Paper proposal	5%
Draft Research Paper	10%
Final Research Paper	25%
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

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 2.1.4 Course Audit
- Policy 2.4.1 Credential Framework
- Policy 2.4.3 Students with Documented Disabilities
- Policy 2.4.4 Student Rights, Responsibilities and Conduct
- Policy 2.4.8 Academic Performance
- Policy 2.4.9 Student Feedback and Concerns
- Policy 2.4.11 Storage of Academic Works
- Policy 2.5.3 Student Appeal
- Policy 2.5.5 Prior Learning Assessment and Recognition (PLAR)

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.