



## INDG-250 – Indigenous Community Health and Healing

University Arts and Science

**Effective Term & Year:** Fall 2022

**Course Outline Review Date:** 2026-04-01

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**Program Area:** Arts, Humanities, and Social Sciences

**Description:**

This course engages students in the study of Indigenous conceptions of health and healing in contemporary Indigenous communities. Centering on the question “what is health?” students are challenged to learn about and integrate Indigenous conceptions of health into their own practice frameworks and ethical perspectives. This course will rely heavily on Indigenous knowledges, including but not limited to, Elder and Knowledge Holder teachings, Critical Indigenous Theory, and on-the-land learning.

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**Program Information:**

This course, which is considered a social science, can be used as either a required course or an elective towards a certificate, diploma or associate degree within several University Studies Programs.

**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	

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Laboratory/Studio	
Practicum/Field Experience	
Co-op/Work Experience	
Other	
Total	45

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**Course Requisites:**

- Earned a minimum grade of C- (55%) in each of the following:
  - ENGL100 – English Composition (3)
  - INDG105 – Introduction to Health and Wellness in Indigenous Communities (3)

**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.

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**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.

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**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:

Course Reading Package

*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.*

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**Learning Outcomes:**

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

- demonstrate understanding of Indigenous conceptions of health and wellness;
- demonstrate ability to be culturally relative, reflexive and holistic;
- apply decolonizing approaches and methodologies and demonstrate how it is integral to Indigenous community health and healing;
- identify components of healthy communities and evaluate barriers to developing healthy Indigenous cultures;
- explain how colonialism produces and sustains inequities in society;
- explore similarities and differences in various Indigenous nations;
- demonstrate respectful local protocols for interacting on traditional Ktunaxa territory and/or the First Nation of the territory in which the student lives;
- identify their own values and ideological perspective;
- recognize how their values and beliefs impact their practice;
- identify ethical considerations of integrating Indigenous knowledges into their own practice; demonstrate an understanding of contemporary Indigenous approaches to health;
- demonstrate the ability to create a practice framework that includes Indigenous knowledges with respect to their own positionality/relationship to Indigenous peoples, communities, and nations; and
- identify the role of truth and reconciliation report in supporting health and healing.

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### Course Topics:

- Trauma healing
- Cultural atrophy
- Decolonization methodologies
- Truth and Reconciliation Commission
- Ktunaxa history, information, and protocol
- Impacts of colonization on Indigenous communities
- Indigenous conceptions of health, healing, and wellness
- Elders and healing
- Self and community
- Self-care and wellness
- Practice issues
- Practicing differently
- Ethical considerations of engaging with Indigenous knowledges
- Positionality (how your own culture influences your knowledges and practices)

*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
Personal Guiding Values and Beliefs	10%
Group Workshop/Circle/Presentation	10%
Individualized Learning Plan	10%
Individual Oral Presentation	30%
Professional Practice Framework Assignment	40%
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 2.4.3 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

#### Equivalent Course(s) and Course Code Changes

Prior Course Code: ANTH 250

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.