



KNES-104 – Introduction to Personal Health And Wellbeing

Health and Human Services

Effective Term & Year: Fall 2025
Course Outline Review Date: 2030-03-01

Program Area: Health

Description:

This course will provide a broad introduction to the principles of personal health and wellbeing with emphasis on student health. A review of education and research on a variety of student health issues, and their larger impact on health competency will be investigated and discussed. Students will have opportunities to develop skills and resources for optimal health as it relates to life and academic success.

Program Information:

This is a required course in the Kinesiology Certificate and Diploma Program and may be used as an elective for students in other disciplines.

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

Credit Type: College of the Rockies Credits

Credits: 3

Course type/s: Sciences, 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:
 - ENST 12 – English Studies 12
 - ENFP 12 – English First Peoples 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:

Irwin, J., Burke, S., Insel, P., Roth, W.T. (2023). *Core concepts in health* (4th Can. ed.). McGraw Hill, Toronto, ON.

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:

- demonstrate knowledge of competencies in health enhancement and maintenance skills related to students;
- identify the various factors and determinants that impact health;
- examine the relationship between student health, academic success and resiliency;
- identify resources for student health promotion and support;
- discuss contextual factors that influence students' experiences of health;
- demonstrate knowledge and skills of healthy behaviors and practices to support optimal health for students (e.g. nutrition, exercise, sleep, mindfulness, stress management, and others);
- demonstrate knowledge of concepts, models and theories of health and health behavior;
- discuss the role healthy students play in a community and global context; and
- demonstrate ability to research health literature and present it in a user-friendly manner.

Course Topics:

- Dimensions, definitions, and determinants of health and wellbeing
 - Personal health assessment
 - Health and wellness continuum
 - Disease prevention
- Behavior change psychology
 - Goal setting
 - Behavior change theories
- Practices that have links to health, wellbeing and academic success:
 - Physical Activity
 - Benefits, components of fitness, and training principles
 - Impacts of physical activity and nutrition to body composition and weight management
 - Nutrition
 - Overview of nutrients
 - Healthy food choices on campus and at the grocery store
 - Canada Food Guide and dietary guidelines
 - Stress and time management
 - Sources of stress
 - Study habits
 - Sleep
 - Sleep physiology
 - Sleep hygiene
 - Mindfulness, yoga and relaxation techniques

- Foundations theory and practice
- Gratitude/ kindness
 - Science of happiness
 - Volunteerism
 - Practices
- Technology use
- Healthy relationships, including sexual health, and social supports
- Financial wellbeing
- Other
- Campus and Community resources and supports for students
- Mental health awareness (psychological and physiological foundations)
 - Depression, anxiety, suicide awareness, addiction
- Navigating the health care system, public health
 - Alternative and Complementary medicine overview
- Student health and community and global impacts

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

Evaluation and Assessments

Assessment Type: On-Campus (face-to-face)

Assessment Type	% of Total Grade
Assignments	50%
Midterm	20%
Final Exam	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: All assignments and evaluations must be completed.

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

Equivalent Course: Students who have received COTR credit for KNES 104 may not receive additional credit for HLTH 104.

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.