

## Introduction to Health and Wellness in Indigenous Communities – ANTH 105

### University Studies Program

### Course Outline

COURSE IMPLEMENTATION DATE:	November 2005
OUTLINE EFFECTIVE DATE:	January 2017
COURSE OUTLINE REVIEW DATE:	September 2022

#### GENERAL COURSE 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 anthropological 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:** ANTH 105 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:** This course is delivered face-to-face and online

**COTR Credits:** 3

**Hours for this course:** 45 hours

#### Typical Structure of Instructional Hours:

Instructional Activity	Duration
Lecture Hours	45
Seminars / Tutorials	
Laboratory / Studio Hours	
Practicum / Field Experience Hours	
Other Contact Hours	
<b>Total</b>	45

#### Practicum Hours (if applicable):

Type of Practicum	Duration
On-the-job Experience	N/A
Formal Work Experience	N/A
Other	N/A
<b>Total</b>	

**Course Outline Author or Contact:**

Avery Hulbert, BA Hon, MA

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Signature

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**APPROVAL SIGNATURES:**

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Department Head Signature

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Dean Signature

EDCO

Valid from: January 2017 – September 2022

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Education Council Approval Date

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**COURSE PREREQUISITES AND TRANSFER CREDIT**

**Prerequisites:** N/A

**Corequisites:** N/A

**Flexible Assessment (FA):**

Credit can be awarded for this course through FA

Yes  No

Learners may request formal recognition for flexible assessment at the College of the Rockies through one or more of the following processes: External Evaluation, Worksite Assessment, Demonstration, Standardized Test, Self-assessment, Interview, Products/Portfolio, Challenge Exam. Contact an Education Advisor for more information.

**Transfer Credit:** For transfer information within British Columbia, Alberta and other institutions, please visit <http://www.cotr.bc.ca/Transfer>

Students should also contact an academic advisor at the institution where they want transfer credit.

**Prior Course Number:** N/A

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## Textbooks and Required 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.

## Equipment:

- Regular online access to Moodle course page
- Updated Internet browser to most recent version
- High Speed Internet Access (*need to be able to access online videos, streamed materials and download large documents of course material*)
- Adobe Reader
- Word Processor

Please see the instructor's syllabus or check COTR's online text calculator

[http://www.cotr.bc.ca/bookstore/cotr\\_web.asp?IDNumber=164](http://www.cotr.bc.ca/bookstore/cotr_web.asp?IDNumber=164) for a complete list of the currently required textbooks.

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## LEARNING OUTCOMES:

University Studies at the College of the Rockies allow students to complete their first two years of study towards a university degree. College students gain academic knowledge and skills in their chosen subjects. They also cover general problem-solving and critical thinking skills. The combination can empower them to participate as educated citizens in the economic, political, and cultural life of their communities.

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

- understand and articulate the social determinants of health for Indigenous peoples from an anthropological perspective;
- discuss anthropologists and their roles in Indigenous communities with respect to health and wellness;
- recognize and value 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;
- recognize the effects of intergenerational oppression and systemic racism on communities and individuals;
- summarize Indigenous traditional knowledge, Indigenous scholarship and anthropological 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;

- develop community wellness plans addressing specific issues;
- demonstrate a culturally relative perspective in appreciating and recognizing the diversity of Indigenous peoples perceptions of community health and wellness.
- situate your own worldview and its impact on understanding Indigenous peoples.

**COURSE TOPICS:**

- Perspectives on health and wellness from traditional knowledge, Indigenous scholarship, and contemporary anthropology
- Respecting identity and diversity in Indigenous communities
- The ongoing impacts of colonization, genocide, and racism on individuals and communities
- Strength based perspectives and practices
- Health and wellness challenges: residential school trauma 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
- Connections to the land, culture and identity to support health and wellness
- Indigenous spirituality and traditional knowledge
- Community healing and empowerment

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

**EVALUATION AND ASSESSMENT (face to face and online delivery)**

Assignments	% Of total Grade
Reflective Journal	30%
Wellness Plan and Project(s)	30%
Interaction & Engagement in Discussions	20%
Final Exam	<u>20%</u>
Total	100%

*Please see the instructor’s syllabus for specific classroom policies related to this course, such as details of evaluation, penalties for late assignments, and use of electronic aids.*

**EXAM POLICY**

Students must attend all required scheduled exams that make up a final grade at the appointed time and place.

Individual instructors may accommodate for illness or personal crisis. Additional accommodation will not be made unless a written request is sent to and approved by the appropriate Department Head prior to the scheduled exam.

Any student who misses a scheduled exam without approval will be given a grade of “0” for the exam.

## COURSE GRADE:

Course grades are assigned as follows:

Grade	A+	A	A-	B+	B	B-	C+	C	C-	D	F
Mark (Percent)	≥ 90	89-85	84-80	79-76	75-72	71-68	67-64	63-60	59-55	54-50	< 50

A grade of "D" grants credit, but may not be sufficient as a prerequisite for sequential courses.

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## ACADEMIC POLICIES:

See [www.cotr.bc.ca/policies](http://www.cotr.bc.ca/policies) for general college policies related to course activities, including grade appeals, cheating and plagiarism.

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## COURSE CHANGES:

Information contained in course outlines is correct at the time of publication. Content of the courses is revised on an ongoing basis to ensure relevance to changing educational, employment, and marketing needs. The instructor endeavours to provide notice of changes to students as soon as possible. The instructor reserves the right to add or delete material from courses.