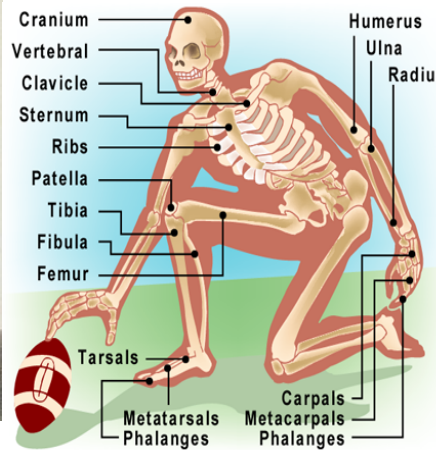
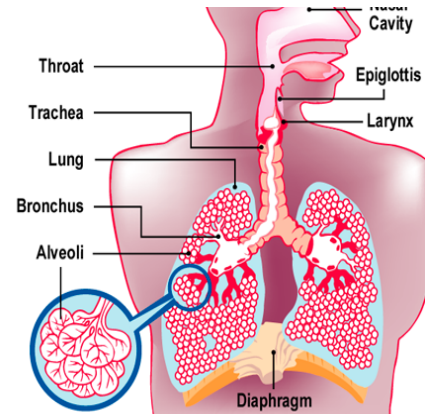
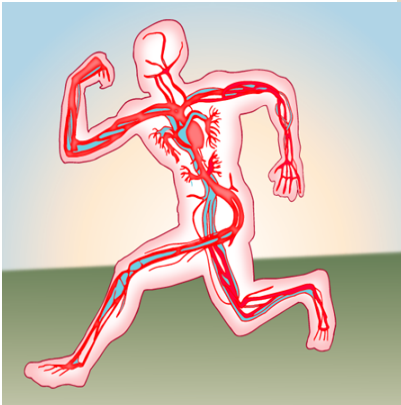



Human Physiology 110



 Human Physiology 110 Course Outline.docx

Classwork 40%

Exam 30%

General Curriculum Outcome 1:



Demonstrate an understanding that various dimensions of wellness interact and impact on one another and on the structures and functioning of the human body

Wellness-

What is wellness?

food
exercise
sleep
family
water
positive

Wellness

- Wellness is the state of being in good health 
- Wellness includes the health and well being of the body and the mind (total body) 

From the NB Wellness Strategy 2014-2021

"Wellness is the optimal state of health and well-being of individuals and groups. It is the ability of people and communities to reach their fullest potential, both in terms of health and fulfillment of purpose. The active pursuit of good health and the removal of personal and societal barriers to healthy living are key elements to achieving wellness."

What are factors which impact overall wellness?

Alcohol, drugs

poor food choices lack of confidence
- excess calories


Smoking lack of exercise


Stressed anxiety, depression

What are factors which impact overall wellness?

Stress	Addictions (drugs, alcohol, gambling)
conflict	food Tech. exercise
relationships	Sleep (too little/too much)
anxiety	Physical activity (too little/too much)
depression	lack of nutrition
Infection and disease	

New Brunswick's Wellness Strategy 2014-2021


 NewBrunswickWellnessStrategy2014-2021.pdf

 <http://www.wellnessnb.ca/start-your-story/>

M5L1-PPT-Personal-Wellness High school.pptx



Notes on wellness from here

 BalancingYourWellness.pdf

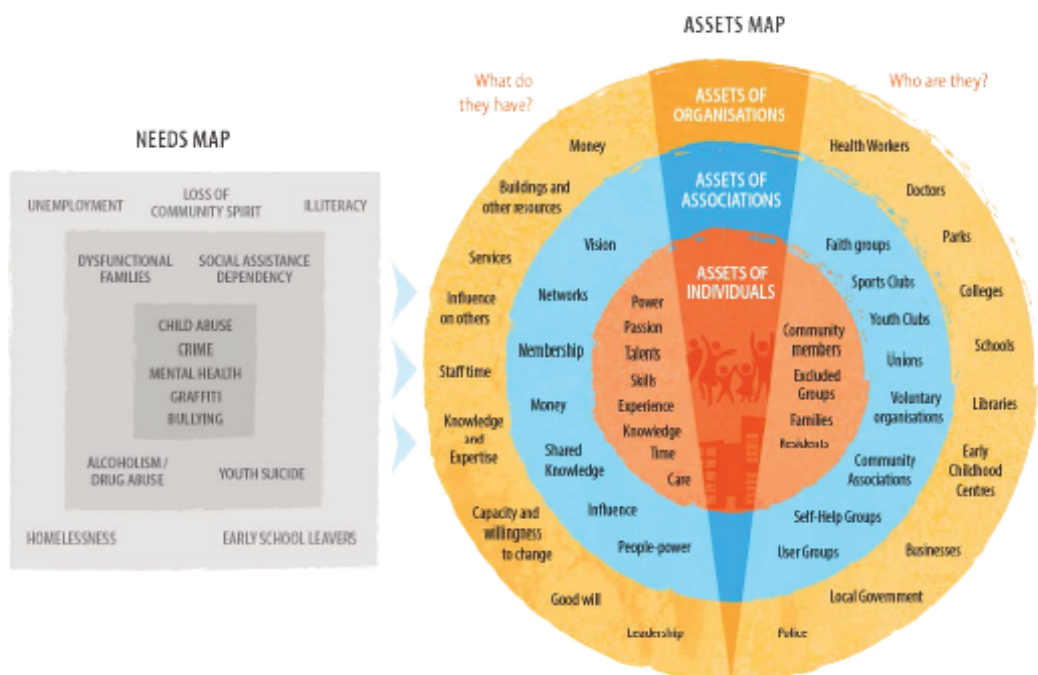
Class set of handouts for the 36 questions.

Each student gets a Wellness Wheel to color in based on the 36 questions.

Population Health Snapshot

When our wellness is measured in different ways, it is apparent that many New Brunswickers are not as well as they can or would like to be. The following table highlights selected health determinant indicators reported by the New Brunswick Health Council in the Population Health Snapshot 2013-2014⁵.

Health Determinants	NB Male	NB Female	NB Average	Canadian Average
No high school diploma (25-64 years old) (% , 2011)	18.6	15.0	16.8	12.7
Unemployment (15+ years) (% , 2012)	-	-	10.2	7.3
Low income (% , 2011)	15.4	18.8	17.2	14.9
Violent crime (Rate per 100,000 population, 2012)	-	-	1,476	1,190
Physical activity during free time, moderately active or active (% , 2012)	51.8	53.5	52.7	53.9
Eat 5 or more fruits or vegetables a day (% , 2012)	21.7	40.8	31.7	40.6
Adults with unhealthy weight (obese) (% , 2012)	28.9	27.3	28.0	18.4
Current smoker, daily or occasional (% , 2012)	27.4	20.1	23.7	20.3
Coming in contact with second-hand smoke at home (% , 2012)	7.4	4.5	5.8	4.7
Avoidable hospitalization (Aged-standardized rate per 100,000, 2011/12)	506	415	460	290



Adapted from www.brighterfuturestogether.co.uk

Dimensions of Wellness	Our wellness is supported when...
Emotional	... we understand ourselves, share feelings and cope with the challenges life can bring.
Mental/Intellectual	... we are open to new ideas and experiences that can be applied to personal decisions, group interaction and community betterment.
Physical	... we take care of our bodies and get through our daily activities without undue fatigue or physical stress.
Social	... we can relate to and connect with other people.
Spiritual	... we live meaningful and purposeful lives, and establish peace and harmony in our lives.
Environmental	... we recognize our own responsibility for the quality of the air, the water and the land that surrounds us.
Occupational	... we get personal fulfillment from our jobs or our chosen career fields, work in a healthy environment, and maintain balance in our lives.



- Wellness Wheel
- assess current level of wellness
- determine personal wellness goals
- reflecting on strategies that will support moving towards wellness goals



wellness workbook

[http://definitionofwellness.com/wellness-handouts/
Personal_Wellness_Plan_Worksheet.pdf](http://definitionofwellness.com/wellness-handouts/Personal_Wellness_Plan_Worksheet.pdf)



<http://www.sfu.ca/students/health/resources/wellness/career-and-academic.html>

I think schools should have a mandatory mental health class that you get credit for, where you learn about depression, anxiety, eating disorders, schizophrenia and other mental disorders. And you also learn good coping skills and ways to get help. @In loving memory of Jason.S.Hearn

Information on factors impacting wellness

- stress management
- addictions
- sleep and physical activity
- nutrition and healthy eating
- infections and diseases

Drug issues

see Drug Smart presentation

Thursday

Assignment on drugs and tobacco

Friday

Assignment on Nutrition Health



Wednesday

Have Wellness Wheel complete
& two goals set

Our Rotary Interac Club is organizing a Terry Fox event
for Thursday September 29th
from 8:45 to approximately 9:15.

The students who wish to participate
will donate \$5 to their homeroom teacher
and do a 1 km walk around our campus

Mental Illness Poster Project - shelley.docx



Mental Illness Poster

Due Thursday, Sept 29/2016

Hand in Section review 28-1 for marks



What is Stress?

Stress is the nonspecific response of the body to any demand made upon it.

ex. challenge or change

new, threatening or exciting situation

Acute stress - most common- short-term response to immediate danger or event. No health issues if passes quickly and isn't too frequent

Chronic Stress - it is continuous, more than a person can deal with. ex. living in poverty, war zone or constantly overloaded at work. It sends the body into constant state of inflammation.

Harmful Effects of Chronic Stress

Cardiovascular system - high blood pressure, inflammation, increase risk of heart attack and stroke

Digestive system - gastrointestinal problems, ex irritable bowel syndrome, overeating or under eating, etc. IBS

Immune system - interferes with immune system. It can increase chance of catching colds, infections, or causes or worsens auto immune diseases.

More health issues can occur as well if stress is chronic.

Stress -

 <https://www.youtube.com/watch?v=v-t1Z5-oPtU>

How stress affects your brain - Madhumita Murgia

 <https://www.youtube.com/watch?v=WuyPuH9ojCE>

Ways to deal with Stress

6 strategies

1. Exercise - get up and do some sort of physical activity
2. Relaxation techniques\ meditation
3. Lifestyle change- change eating habits, get a new job, get out of toxic relationship
4. Reframing - It is a way to look at life in a positive manner
5. Laughter and Humor - its like internal jogging- causes endorphins, causing people to relax
6. Create a memory bank - store good times \memories in your mind and focus on these in difficult times.

Depression

What is depression? - Helen M. Farrell

<https://www.youtube.com/watch?v=z-IR48Mb3W0>

Begin the development of a personal wellness plan

Test Review

What is wellness?

List the components of your wellness wheel.
What area are you strong ? What area needs improvement?

All the information covered on drugs, alcohol and tobacco.

Stress- acute vs chronic

health affects of chronic stress

strategies to reduce stress

Attachments

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NewBrunswickWellnessStrategy2014-2021.pdf

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wellness-plan-workbook-myfoggybrain1.pdf

BalancingYourWellness.pdf

Mental Illness Poster Project - shelly.docx