



Indigenous Community Health and Healing – INDG 250

University Studies Program

Course Outline

COURSE IMPLEMENTATION DATE: June 2006
OUTLINE EFFECTIVE DATE: September 2021
COURSE OUTLINE REVIEW DATE: April 2026

GENERAL COURSE 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.

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: This course is delivered face-to-face or 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	
Total	45

Practicum Hours (if applicable):

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

Course Outline Author or Contact:

Smokii Sumac, PhD Candidate

Signature

APPROVAL SIGNATURES:

Department Head
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Department Head Signature

Dean Signature

EDCO

Valid from: September 2021 – April 2026

Education Council Approval Date

COURSE PREREQUISITES AND TRANSFER CREDIT:

Prerequisites: Minimum grade of C- (55%) in INDG 105 and ENGL 100.

Corequisites: None

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: ANTH 250

Date changed: March 2021

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:

Course Reading Package

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

<http://go.cotr.bc.ca/tuition/tCalc.asp> for a complete list of the currently required textbooks.

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 ASSESSMENT:

Assignments	% 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%

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.

ACADEMIC POLICIES:

See www.cotr.bc.ca/policies for general college policies related to course activities, including grade appeals, cheating and plagiarism.

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.