

Course Code/Title
SOCI 2820A / ANTH 2815C / INDG 3901A
Selected Topics: Indigenous Health, Wellness, and Decolonization

Instructor	Simon Brascoupé
Term	Fall 2026
Course Delivery	In Person
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COURSE DESCRIPTION

This interdisciplinary course examines Indigenous health, wellness, and decolonization from Indigenous perspectives. Students explore the historical and contemporary factors that shape the health and well-being of First Nations, Inuit, and Métis Peoples, including the enduring impacts of colonialism, public policy, and systemic inequities.

The course emphasizes Indigenous knowledge systems, traditional medicine, land-based healing, cultural safety, and community-led approaches to wellness. Through lectures, guest speakers, Knowledge Keepers, documentaries, class discussions, and scholarly readings, students critically examine Indigenous approaches to health while exploring pathways toward decolonization, cultural resurgence, and reconciliation.

Topics include Indigenous determinants of health, traditional healing practices, land-based education, Indigenous midwifery, rites of passage, mental health, environmental stewardship, commercial determinants of health, and Indigenous-led health systems. Students will gain a deeper understanding of Indigenous worldviews and develop the knowledge and critical thinking skills necessary to engage respectfully with Indigenous communities and contribute to more equitable health policies and practices.

EVALUATION

- **Definitions Assignment – 15%**
- **Research Proposal – 30%**
- **Research Paper – 43%**
- **Class Participation and Discussions – 12%**

Students participate in weekly discussions, complete a research proposal on an Indigenous health topic of their choice, and submit a final research paper demonstrating critical analysis and engagement with Indigenous scholarship.

TEXT

Required Text

Greenwood, M., De Leeuw, S., & Lindsay, N. M. (Eds.). *Determinants of Indigenous Peoples' Health: Beyond the Social* (1st or 2nd edition). Canadian Scholars.

Additional readings from leading Indigenous scholars, government reports, and peer-reviewed journals will be provided throughout the course via Brightspace. These readings explore topics including traditional medicine, land-based healing, cultural safety, Indigenous resurgence, environmental health, and decolonization.