

COURSE SYLLABUS



COURSE TITLE: HCA 140 Lifestyles and Choices

CLASS SECTION: X25W2

TERM: Winter 2025

COURSE CREDITS: 1.5 (30 hours)

DELIVERY METHOD(S): On campus. Synchronous.

Camosun College campuses are located on the traditional territories of the Lək̓ʷəŋən and W̱SÁNEĆ peoples. We acknowledge their welcome and graciousness to the students who seek knowledge here.

Learn more about Camosun's [Territorial Acknowledgement](#).

INSTRUCTOR DETAILS

NAME: Erin Ellis

EMAIL: Ellise@camosun.ca

OFFICE: CHW 317

HOURS: Mondays 3-4 pm, or by appointment

As your course instructor, I endeavour to provide an inclusive learning environment. However, if you experience barriers to learning in this course, do not hesitate to discuss them with me. Camosun College is committed to identifying and removing institutional and social barriers that prevent access and impede success.

CALENDAR DESCRIPTION

This course introduces students to a holistic concept of health and the components of a health-enhancing lifestyle. Students will be invited to reflect on their own experience of health, recognizing challenges and resources that can impact lifestyle choices. Students will be introduced to a model that can be applied in other courses to understand the multi-faceted aspects of health and healing.

30 hours

PREREQUISITE(S): None

CO-REQUISITE(S): None

EQUIVALENCIES: None

COURSE LEARNING OUTCOMES / OBJECTIVES

1. Discuss the interrelationship of physical, psychological, cognitive, social, and spiritual dimensions and the determinants of health:
 - 1.1 Describe health as a process (health as a journey not a destination).
 - 1.2 Discuss the physical, psychological, cognitive, social, and spiritual dimensions of health.
 - 1.3 Describe the interrelatedness of the dimensions of health.
 - 1.4 Discuss health as it relates to lifestyle choices.

- 1.5 Describe the determinants of health and discuss how they can create health inequalities and impact the dimensions of health.

2. Discuss how lifestyle choices and behaviours contribute to physical, psychological, cognitive, social, and spiritual health:

- 2.1 Discuss the positive effects of regular exercise and physical self-care.
- 2.2 Describe the elements of a nutritious diet.
- 2.3 Discuss elements of healthy weight management.
- 2.4 Describe the adverse effects of common harmful substances.
- 2.5 Discuss the interaction between emotions/perceptions and physical well-being.
- 2.6 Describe the effects of stress.
- 2.7 Recognize aspects of the HCA role that could lead to unhealthy stress.
- 2.8 Describe a variety of approaches to stress management.
- 2.9 Discuss the cognitive components of health.

- 2.10 Describe how one's ability to think, reason, interpret, remember, assess, and solve problems is related to health.
- 2.11 Discuss the importance of social support in personal wellness.
- 2.12 Recognize cultural and societal influences on lifestyle choices.
- 2.13 Describe the spiritual components of health.
- 2.14 Discuss how clarification of one's values and beliefs might relate to lifestyle choices.
- 2.15 Identify personal focuses and activities that enrich, refresh, and create meaning in one's life.
- 2.16 Describe how one's choices affect one's environment. ◦ 2.17 Discuss environmental influences on health.

3. Explain the complexity of the change process in relation to health promotion:

- 3.1 Describe how critical thinking and problem-solving relate to lifestyle change.
- 3.2 Demonstrate how to set achievable goals, use appropriate motivators, and set a realistic change agenda.
- 3.3 Discuss the complexities involved in lifestyle change.

REQUIRED MATERIALS & RECOMMENDED PREPARATION / INFORMATION

Sorrentino's Canadian Textbook for the Support Worker, Fifth Edition (2022) by Sorrentino's, Remmert & Wilk. Elsevier.

Integrating a Palliative Approach: Essentials for Personal Support Workers, Second Edition (2020) by Murray. Life & Death Matters.

The following schedule and course components are subject to change with reasonable advance notice, as deemed appropriate by the instructor.

All classes are 2.5 hours. Follow schedule on D2L.

WEEK or DATE RANGE	ACTIVITY or TOPIC	OTHER NOTES
Week 1 & 2	Unit 1: Dimensions of Health	2 classes
Week 3 & 5	Unit 2: Cognitive Health	2 classes
Week 6,7	Unit 3: Physical Health	3 classes
Week 7 & 8	Unit 4: Emotional Health	2 classes
Week 9	Unit 5: Social Health	1 class
Week 9	Unit 6: Spiritual Health	1 class
Week 10	Final Exam	

Course Content

Understanding Health

- Health as a process (health as a journey not a destination).
- Physical, psychological, cognitive, social, and spiritual dimensions of health.
- Interrelatedness of all aspects of health: introduction of the health wheel.
- Health as it relates to lifestyle and choices.
- The 12 determinants of health (as defined by the Government of Canada).
- The impact of the determinants of health on health inequalities and the dimensions of health.

Components of Health

- Physical components of health:
 - Physical activity.
 - Physical self-care.
 - Sleep and rest.
 - Nutrition, including nutrition throughout life, factors that affect eating and drinking, and Canada's Food Guide.
 - Weight management.
 - Avoiding or limiting harmful substances (including licit and illicit drugs, alcohol, tobacco, vaping, and caffeine).
 - Environment.
- Psychological or emotional components of health:

- Interaction between emotions and perceptions and health.
- Psychologically safe environments.
- Stress and stress management.
- Common responses and effects of stress.
- Common stressors related to work of the HCA.
- Burnout and compassion fatigue.
- Strategies for self-assessment and wellness intervention.
- Cognitive components of health:
 - Rational thinking and perceiving.
 - Ability to reason, interpret, and remember.
 - Ability to sense, perceive, assess, and evaluate.
 - Problem-solving ability.
 - Creativity.
- Social (interactive) components of health:
 - Social bonds and social supports in relation to health.
 - Cultural, societal, and traditional influences on lifestyle and choices.
- Spiritual components of health:
 - Awareness of personal values and beliefs.
 - Finding meaning and purpose in life.
 - Participating in activities that enrich, inspire, and refresh.
 - Appreciation for different ways of knowing and being.

Lifestyle Change

- Complexity of the lifestyle change process.
- Critical thinking and problem-solving as they relate to lifestyle and choices.
- Self-reflection and self-evaluation in relation to challenges and resources.
- Setting achievable goals, using motivators, setting a realistic change agenda.
- Recognizing difficulties inherent in personal change.

Students registered with the Centre for Accessible Learning (CAL) who complete quizzes, tests, and exams with academic accommodations have booking procedures and deadlines with CAL where advanced notice is required. Deadlines can be reviewed on the [CAL exams page](https://camosun.ca/services/academic-supports/accessible-learning/academic-accommodations-exams). <https://camosun.ca/services/academic-supports/accessible-learning/academic-accommodations-exams>

EVALUATION OF LEARNING

DESCRIPTION	WEIGHTING
Exam: Will include all content from Units 1 – 6	30%
Health Wheel -Positive Health Habit	20%
Lifestyle Change Goal	5%
Lifestyle Change Project	25%
Social Determinants of Health Presentation	20%
Students must obtain a minimum of 70% to be successful in this course.	
	TOTAL
	100%

If you have a concern about a grade you have received for an evaluation, please come and see me as soon as possible. Refer to the [Grade Review and Appeals](https://camosun.ca/sites/default/files/2021-05/e-1.14.pdf) policy for more information.
<https://camosun.ca/sites/default/files/2021-05/e-1.14.pdf>

COURSE GUIDELINES & EXPECTATIONS

WRITTEN ASSIGNMENTS

All assignments must adhere to Camosun College student conduct and academic integrity policies.

Review the course outline/assignment specifications closely to determine if you are permitted to use generative AI. It is your responsibility, as the student, to be clear on when, where, and how the use of generative AI is permitted. If you use generative AI, you must cite its usage. Failing to cite the use of generative AI is academic misconduct. In all other aspects of your work, the use of generative AI will be considered a breach of academic integrity and Academic Policy E-1.13 Academic Integrity will be applied. If you are uncertain if you have used GenAI and/or cited appropriately, please speak with your instructor.

Students requiring an extension for the due date of an assignment must negotiate with the instructor, at least 48 hours before the due date. Assignments submitted late without an approved extension will result in a 5% deduction in mark for each day late. Assignments submitted more than 3 days late may not be accepted without prior approval by instructor.

SCHOOL OR DEPARTMENTAL INFORMATION

TEST AND EXAMINATION PROCEDURES

There are policies regarding written tests and examination procedures including late arrivals and missed tests. Please see the Health and Human Services Student Manual (Section 5.4) for Test and Examination Procedures:

STUDENT RESPONSIBILITY

Enrolment at Camosun assumes that the student will become a responsible member of the College community. As such, each student will display a positive work ethic, assist in the preservation of College property, and assume responsibility for their education by researching academic requirements and policies; demonstrating courtesy and respect toward others; and respecting expectations concerning attendance, assignments, deadlines, and appointments.

SUPPORTS AND SERVICES FOR STUDENTS

Camosun College offers a number of services to help you succeed in and out of the classroom. For a detailed overview of the supports and services visit camosun.ca/services.

Support Service	Website
Academic Advising	camosun.ca/services/academic-supports/academic-advising
Accessible Learning	camosun.ca/services/academic-supports/accessible-learning
Counselling	camosun.ca/services/health-and-wellness/counselling-centre
Career Services	camosun.ca/services/co-operative-education-and-career-services
Financial Aid and Awards	camosun.ca/registration-records/financial-aid-awards
Help Centres (Math/English/Science)	camosun.ca/services/academic-supports/help-centres
Indigenous Student Support	camosun.ca/programs-courses/iecc/indigenous-student-services
International Student Support	camosun.ca/international
Learning Skills	camosun.ca/services/academic-supports/help-centres/writing-centre-learning-skills
Library	camosun.ca/services/library
Office of Student Support	camosun.ca/services/office-student-support
Ombudsperson	camosun.ca/services/ombudsperson
Registration	camosun.ca/registration-records/registration
Technology Support	camosun.ca/services/its
Writing Centre	camosun.ca/services/academic-supports/help-centres/writing-centre-learning-skills

If you have a mental health concern, please contact Counselling to arrange an appointment as soon as possible. Counselling sessions are available at both campuses during business hours. If you need urgent support after-hours, please contact the Vancouver Island Crisis Line at 1-888-494-3888 or call 911.

COLLEGE-WIDE POLICIES, PROCEDURES, REQUIREMENTS, AND STANDARDS

Academic Integrity

Students are expected to comply with all College policy regarding academic integrity; which is about honest and ethical behaviour in your education journey. The following guide is designed to help you understand your responsibilities: <https://camosun.libguides.com/academicintegrity/welcome>

Please visit <https://camosun.ca/sites/default/files/2021-05/e-1.13.pdf> for Camosun's Academic Integrity policy and details for addressing and resolving matters of academic misconduct.

Academic Accommodations for Students with Disabilities

Camosun College is committed to achieving full accessibility for persons with disabilities. Part of this commitment includes arranging appropriate academic accommodations for students with disabilities to ensure they have an equitable opportunity to participate in all of their academic activities. If you are a student with a documented disability and think you may need accommodations, you are strongly encouraged to contact the Centre for Accessible Learning (CAL) and register as early as possible. Please visit the CAL website for more information about the process of registering with CAL, including important deadlines:

<https://camosun.ca/cal>

Academic Progress

Please visit <https://camosun.ca/sites/default/files/2023-02/e-1.1.pdf> for further details on how Camosun College monitors students' academic progress and what steps can be taken if a student is at risk of not meeting the College's academic progress standards.

Course Withdrawals Policy

Please visit <https://camosun.ca/sites/default/files/2021-05/e-2.2.pdf> for further details about course withdrawals. For deadline for fees, course drop dates, and tuition refund, please visit <https://camosun.ca/registration-records/tuition-fees#deadlines>.

Grading Policy

Please visit <https://camosun.ca/sites/default/files/2021-05/e-1.5.pdf> for further details about grading.

Grade Review and Appeals

Please visit <https://camosun.ca/sites/default/files/2021-05/e-1.14.pdf> for policy relating to requests for review and appeal of grades.

Medical / Compassionate Withdrawals

Students who are incapacitated and unable to complete or succeed in their studies by virtue of serious and demonstrated exceptional circumstances may be eligible for a medical/compassionate withdrawal (see [policy](#)). Please visit <https://camosun.ca/services/forms#medical> to learn more about the process involved in a medical/compassionate withdrawal.

Sexual Violence and Misconduct

Camosun is committed to creating a campus culture of safety, respect, and consent. Camosun's Office of Student Support is responsible for offering support to students impacted by sexual violence. Regardless of when or where the sexual violence or misconduct occurred, students can access support at Camosun. The Office of Student Support will make sure students have a safe and private place to talk and will help them

understand what supports are available and their options for next steps. The Office of Student Support respects a student's right to choose what is right for them. For more information see Camosun's Sexualized Violence and Misconduct Policy: <https://camosun.ca/sites/default/files/2021-05/e-2.9.pdf> and camosun.ca/services/sexual-violence-support-and-education. To contact the Office of Student Support: oss@camosun.ca or by phone: 250-370-3046 or 250-370-3841

Student Misconduct (Non-Academic)

Camosun College is committed to building the academic competency of all students, seeks to empower students to become agents of their own learning, and promotes academic belonging for everyone. Camosun also expects that all students to conduct themselves in a manner that contributes to a positive, supportive, and safe learning environment. Please review Camosun College's Student Misconduct Policy at <https://camosun.ca/sites/default/files/2021-05/e-2.5.pdf> to understand the College's expectations of academic integrity and student behavioural conduct.

Looking for other policies?

The full suite of College policies and directives can be found here: <https://camosun.ca/about/camosun-college-policies-and-directives>

Changes to this Syllabus: Every effort has been made to ensure that information in this syllabus is accurate at the time of publication. The College reserves the right to change courses if it becomes necessary so that course content remains relevant. In such cases, the instructor will give the students clear and timely notice of the changes.