



Course Syllabus

Course title: Promoting Health Across the Lifespan

Class section: NURS - 133 - X04

Term: 2025W

Course credits: 3

Total hours: 45

Delivery method: In-Person

Territorial Acknowledgement

Camosun College respectfully acknowledges that our campuses are situated on the territories of the Łək'wəᓂ (Songhees and Kosapsun) and W̱SÁNEĆ peoples. We honour their knowledge and welcome to all students who seek education here.

Instructor Details

Name: Heather Paterson

Email: patersonh@camosun.ca

Instructor Statement

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.

Instructor Office Hours

| Office: | Hours: |
|-------------|---|
| CHW 207- 23 | Thursday 1000-1100 or Friday 1000-1100 by appointment- please email me. |

Course Description

Course Description:

Learners explore promoting the health and wellbeing of individuals and families across the lifespan. The key focus is on health promotion, teaching and learning, and human growth and development; and how these foci inform the registered nurse's role in contemporary health care. Learners will integrate and apply various theoretical and conceptual frameworks in relation to developmental stages throughout the lifespan. Learners integrate the social determinants of health into strategies to promote health across the lifespan. Learners will expand knowledge of learning theory as it applies to individuals, families, and groups.

Prerequisites:

All of:

- C in NURS 132
- C in NURS 160

And one of:

- C in BIOL 152
- C in BIOL 150 Can be taken instead of BIOL 152. Must be paired with C in BIOL 151

And one of:

- C in ENGL 151
- C in ENGL 161
- C in ENGL 163
- C in ENGL 164

Pre or Co-requisites:

One of:

- C in BIOL 153
- C in BIOL 151 Can be taken instead of BIOL 153. BIOL 151 must be paired with BIOL 150

Course Learning Outcomes / Objectives

Upon successful completion of this course the student will be able to:

- Describe health and wellbeing across the lifespan.
- Relate developmental theory to health and wellbeing across the lifespan.
- Identify developmental milestones from birth to death, to inform nursing assessment and interventions.
- Examine the relationships between family and health and wellbeing.
- Describe normal pregnancy, childbirth, and family transitions.
- Describe best practice in infant feeding.
- Integrate learning theory with knowledge of each developmental stage.
- Demonstrate culturally sensitive strategies for health promotion.
- Demonstrate a family assessment, to identify strengths, capacities, and diversity of families.
- Illustrate the importance of strength-based approaches to Indigenous family assessment.
- Support, communicate with, and educate clients of all ages and their families through losses or death.
- Integrate the Quality & Safety Education for Nurses (QSEN) competencies into developing understandings of healthcare and nursing practice.

Course Materials - Required

Astle, B. J., Duggleby, W., Potter, P. A., Stockert, P. A., Griffin Perry, A., & Hall, A. M. (Eds.). (2024). *Canadian*

Fundamentals of Nursing (7th ed.). Elsevier.

Keenan-Lindsay, L., Sams, C.A., & O'Connor, C. (2022). *Perry's maternal child nursing care in Canada* (3rd

ed.). Elsevier.

Kunyk, D., Peternelj-Taylor, C., Austin, W., & Boyd, M. A. (2023). *Psychiatric & mental health nursing for*

Canadian practice (5th ed.). Wolters Kluwer.

Basis of Student Assessment

Assignments, due dates, criteria for evaluation, and weighting of assignments will be discussed during the first two weeks of the semester. All students are provided Course Syllabus at the beginning of the term with student assessment information provided.

Academic Dishonesty: Plagiarism and Cheating

For information on **Camosun College policy regarding academic dishonesty**, cheating, and consequences please read the **Student Conduct Policy E-2.5** on the Camosun College website:

<http://camosun.ca/about/policies/education-academic/e-2-student-services-and-support/e-2.5.pdf>

For information on **Camosun College policy on plagiarism** please see **Policy Supporting Document E-2.5.1** on the Camosun College website:

<http://camosun.ca/about/policies/education-academic/e-2-student-services-and-support/e-2.5.1.pdf>

Course Schedule, Topics, and Associated Preparation / Activity

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

| Dates | Content |
|---------------|--|
| Week 1 | Introduction & Course Orientation Module 1 – Foundational Theories and Constructs |
| Week 2 | Module 2-Families |
| Week 3 | Module 3- Pregnancy |
| Week 4 | Module 4- Labour & Birth |
| Week 5 | Module 5- Postpartum & Infant Feeding |
| Week 6 | Module 6- Newborn Course Inquiry Journals - Submission #1 |
| Week 7 | Reading Break- No classes |
| Week 8 | Module 7- Infant |

| | |
|-------------------|--|
| | |
| Week 9 | Module 8- Toddler Module 9- Preschooler |
| Week 10 | Module 10- School-Age Module 11- Adolescent Resource - Pairs Assignment |
| Week 11 | Module 12- Young Adult Module 13- Middle Adult |
| Week 12 | Module 14-Older Adult Course Inquiry Journals - Submission #2 Group Presentation Project: Focus on Developmental Age |
| Week 13 | Module 15-Loss & Death Across the Lifespan |
| Week 14 | Case Studies Final Exam |
| Exam Weeks | |

Evaluation of Learning: Weighted

| DESCRIPTION | WEIGHTING |
|--|-------------|
| Journal submission #1 | 10% |
| Resource Pairs assignment | 15% |
| Journal submission #2 | 10% |
| Group Presentation Project- Focus on a developmental age | 35% |
| Case studies final | 30% |
| TOTAL: | 100% |

Assignments

Should there be written assignments, unless otherwise noted, they must be typewritten and adhere to APA 7th edition writing and referencing format. Please refer to your Course Manual, Camosun

College grading policy, and the Department of Nursing Handbook. Note that the grading policy incorporates APA format, spelling, grammar, and quality of critical thinking in the assigned grades.

Late assignments will be deducted 2% per day, weekend and holiday days included. Assignment details will be provided in the first two weeks of the course.

NOTE: Min passing grade for this course C

Camosun's Grading Systems

<https://camosun.ca/registration-records/student-records/camosun-grading-systems>

Grade Reviews and Appeals

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 policy** for more information.

<https://camosun.ca/sites/default/files/2021-08/e-1.14.pdf>

The Centre for Accessible Learning (CAL) is part of Camosun's Student Affairs unit. CAL coordinates academic accommodations and provides related programs and services to students with documented disabilities.

Students who require academic accommodations are expected to request and arrange accommodations through CAL in a timely fashion. While we understand that not all accommodation needs are known to students at the beginning of a course, accommodations cannot be provided unless the proper process is followed through CAL and an accommodation letter has been released to the instructor. Students are responsible for providing CAL with the proper documentation prior to the beginning of a course.

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 noticed is required.

Deadlines can be reviewed on the CAL exams page

<https://camosun.ca/services/academic-supports/accessible-learning/academic-accommodations-exams>

Please consult the CAL webpage for more information:

<https://camosun.ca/services/academic-supports/accessible-learning>

Artificial Intelligence: A Guide for Students

Generative Artificial Intelligence (GenAI) is an evolving technology that brings potential benefits but also substantial risks. While GenAI tools have the ability to transform how we work and learn, it is essential for the college community to adapt to these changes in a thoughtful and secure way.

When using GenAI tools, students should ensure proper citation and attribution guidelines are followed. This includes acknowledging AI assistance in reports ,presentations, or any external communications. Clear citation helps build trust, ensures ethical use, and reduces the risk of misinformation or copyright issues.

For citation support visit the college's citation style guide.

<https://camosun.libguides.com/cite>

Artificial Intelligence: A Guide for Students

Visit the following website to learn about AI use in academic settings.

<https://camosun.libguides.com/artificialintelligence/home>

Course Guidelines & Expectations

See D2L for classroom expectation made by group in the first week of class

School or Departmental Information

Students are required to read and are accountable for the College policies (outlined below) and practicum guidelines as described in the School of Health and Human Services (HHS) and program handbooks.

Clinical and Practice Placements in HHS

<https://camosun.ca/programs-courses/school-health-and-human-services/hhs-programs/practicums>

School of Health and Human Services (HHS)

<https://camosun.ca/programs-courses/school-health-and-human-services/information-health-and-human-services-students-1#top>

BSN Program Handbook

<https://camosun.ca/programs-courses/school-health-and-human-services/information-health-and-human-services-students-5>

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.

College Policies

Academic Integrity

Students are expected to follow the college's [Academic Integrity policy](#), and be honest and ethical in all aspects of their studies. To help you understand these responsibilities review the online [Academic Integrity guide](#).

The college's [Academic Integrity policy and supporting documents](#) detail the process for addressing and resolving matters of academic misconduct.

Academic Accommodations for Students with Disabilities

If you have a documented disability and need accommodations contact the Centre for Accessible Learning (CAL). CAL will arrange the appropriate academic accommodations so you can participate in all academic activities. Visit the [CAL website](#) for more information

Academic Progress

The [Academic Progress policy](#) details how the college monitors students' academic progress and what steps are taken if a student is at risk of not meeting the college's academic progress standards.

Acceptable Technology Use

The [Acceptable Technology Use](#) policy outlines how students are expected to use college technology resources, this includes using your own devices on the college's network. The use of the college resources in a way that violates a person's right to study in an environment free of discrimination, harassment or sexual violation is prohibited.

Course Withdrawals Policy

For details about course withdrawal see the [Course Withdrawals policy](#). Be aware of the [deadlines for fees, course drop dates, and tuition refunds](#).

Grading Policy

To learn more about grading see the [Grading Policy](#).

Grade Review and Appeals

The process to request a review of grades is outlined in the [Grade Review and Appeals policy](#).

Medical / Compassionate Withdrawals

If you have experienced a serious health or personal issue, you may be eligible for a [medical/compassionate withdrawal](#). The [Medical / Compassionate Withdrawal Request form](#) outlines what is required.

Sexual Violence

If you have experienced sexual violence on or off campus, you can get support from the Office of Student Support. The Office of Student Support is a safe and private place to talk about what supports are available and your options for next steps. Visit the [sexual violence support and education site](#) to learn more or email oss@camosun.ca or phone: 250-370-3046 or 250-370-3841.

Student Misconduct (Non-Academic)

Camosun expects students to conduct themselves in a manner that contributes to a positive, supportive, and safe learning environment. Review the [Student Misconduct Policy](#) to understand the college's expectations of conduct.

Looking for other policies? See [Camosun College Policies and Directives](#)

Services and Supports

Services are free and available to all students.

| Academic Supports | Enrollment Supports |
|--|--|
| Centre for Accessible Learning | Academic Advising |
| English, Math and Science Help Centres | Financial Aid and Awards |
| Library | Registration |
| Writing Centre & Learning Skills | Tuition and Fees |
| Health and Wellness | Applied learning |

[Counseling](#)

[Fitness and Recreation](#)

[Office of Student Support](#)

[Co-operative Education and Career Services](#)

[Makerspace](#)

The [Centre for Indigenous Education Centre and Community Connections](#) provides cultural and academic supports for Indigenous students.

[Camosun International](#) provides supports to international students.

[The Ombudsperson](#) provides an impartial, independent service to ensure students are treated fairly. The service is a safe place for students to voice and clarify concerns and complaints.

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

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 the course content or schedule. When changes are necessary the instructor will give clear and timely notice.