



Course Syllabus

Course title: Health Promoting Practice Across the Lifespan

Class section: NURS - 181 - X04

Term: 2025W

Course credits: 3

Total hours: 84

Delivery method: In-Person

Territorial Acknowledgement

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

Instructor Details

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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:
N/A	Instructors will provide office hours.

Course Description

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Learners will develop professional caring relationships with stable clients in diverse settings. Learners will integrate their knowledge of health promotion and holistic health assessment, for the delivery of safe, compassionate, evidence-informed health care. Learners will integrate foundational nursing skills in the practice setting.

Prerequisites:

All of:

- C in BIOL 152
- C in NURS 110
- C in NURS 132
- C in NURS 142
- C in NURS 160
- COM in NURS 180

Co-requisites:

All of:

- NURS 143

Pre or Co-requisites:

All of:

- C in NURS 111
- C in NURS 133
- C in BIOL 153

Course Learning Outcomes / Objectives

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

1. Demonstrate professionalism and self-awareness in nursing practice
2. Demonstrate collaborative, responsive, and responsible communication skills
3. Establish and maintain caring, health promoting relationships in the nursing practice setting
4. Apply safety principles, infection control measures and appropriate protective devices when providing nursing care to prevent injury to residents, self, and health care team
5. Promote a safe environment for residents, self, health care workers and the public that addresses the unique needs of residents within the context of care
6. Research and apply evidence-informed practices to care
7. Conduct assessments from a health promotion perspective using appropriate tools and techniques, and skills of observation, interview, history taking, inspection, palpation, auscultation and percussion
8. Document client/resident assessments and care in a professional and accurate method using available technologies
9. Recognize the role of registered nurses in achieving health outcomes across settings
10. Provide personal care and hygiene while promoting the individual's dignity
11. Assist in safe ambulation of older persons and people with physical disabilities
12. Demonstrate respect and preserve individual's rights, including confidentiality
13. Apply the principle of self-determination when relating with Indigenous people in the residential care setting

14. Identify, report, and take action on actual and potential safety risks to residents, self or others
15. Conduct health promotion education in specific education-focused settings

Course Materials - Required

Astle, B.J., Duggleby, W., Potter, P.A., Stockert, P.A., Griffin Perry, A., & Hall, A.M. (2024). *Canadian fundamentals of nursing* (7th ed.). Elsevier.

Cobbett, S. L., Perry, A. G., Potter, P. A., Ostendorf, W. R., & Laplante, N. (2025). *Perry and Potter's Canadian clinical nursing skills & techniques* (2nd ed.). Elsevier.

Kunyk, D., Peternelj-Taylor, C., Austin, W., & Boyd, M. A. (2023). *Psychiatric & mental health nursing for Canadian practice* (5th ed.). Wolters Kluwer.

*** Additional

Camosun College Nursing (BSN) Handbook [Dress Code and Guidelines](#)

Basis of Student Assessment

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

Assessments are based on the following:

1. Practice Appraisal Form (e-PAF)

Students are assessed based on their progress according to the learning outcomes and competencies listed under the standards outlined in the Nursing 181 package. Students collaborative with, and are formally evaluated by, their nursing practice instructor in a written format at mid-term and during the final exam week. Included in this process is a student self-evaluation of their progress and areas to work on.

Depending on your progress throughout each semester, you may be required to participate in more frequent evaluations. Decisions can be made to include written collaborative reports more frequently if it is deemed necessary by your instructor. A collaborative learning contract is completed for those

students at risk for failure. All evaluations and collaborative reports will be written, dated, and signed by yourself and your instructor. These reports are kept on file in the nursing department.

2. Nursing Practice Critical Reflections

The intent of writing nursing practice critical reflections is to provide students with an opportunity to expand self-awareness and develop their critical thinking skills. Students will apply one of the reflective frameworks introduced in Nursing 160 to complete an in-depth analysis of their practice experiences and to summarize the learning that will inform their future practice. At least three key course concepts from nursing theory courses will be integrated into each CR. Students must submit three or more CRs that meet the minimum criteria for reflective writing specified in the N181 CR marking rubric.

3. Learning Plan using SMART Goals

Students will bring forward their own learning plan to facilitate their learning goals developed in Nursing 110. Learning plans will reflect an evolving plan outlining how the student intends to address their learning outcomes over the semester

Learning plans will be reviewed, revised as needed, and discussed a minimum of three times during the semester: during orientation, mid semester and at the end of the semester.

The overall grade for this course is non-GPA, or a Competency-Based Grading System

Students are assessed based on their progress and level of independence according to the Learning Outcomes and the Practice Appraisal Form as per the BCCNM Standards. Students are formally evaluated by their nursing practice instructor in a written document at midterm and at the end of the semester. Students are required to provide written self-evaluations of their progress at those times.

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.

During Semester II, students are assigned to a nursing practice group. The nursing practice experience will predominantly take place in a complex care facility. These facilities provide a higher level of care than independent living and are intended for clients who require 24-hour supervision (BC Ministry of Health, 2012). Students will engage in caring relationships with residents and possibly family members while providing personal care, bathing, nutritional assistance, and mobilizing their assigned

resident(s). Throughout the semester, students will also be focusing on health assessments while integrating the concepts covered in the program to date. A faculty member will be present with the students at all times during practice hours in the complex care facility.

There may also be an opportunity for students to engage with school-aged children to teach the Sip Smart program. This interactive classroom-based program was developed to raise awareness among grades four, five, and six children of the negative health effects associated with the consumption of sugary, commercially prepared drinks. Nursing students will provide children with the knowledge and skills needed to make healthy drink choices. In addition, students may have an opportunity to practice in a Public Health setting with clients and families.

The six hours per week to Nursing 181 will include five hours in a complex care facility, elementary school or public health unit and one hour for Praxis Seminar. The Praxis Seminar may take place in the practice setting or it may be held virtually. Details for nursing practice, seminars, Sip Smart and public health schedules/content will be provided by instructors during the first two weeks.

Evaluation of Learning: Competency

GRADE	DESCRIPTION
COM	COMPLETE: The student has met the goals, criteria, or competencies established for this course, practicum, or field placement.
NC	NOT COMPLETE: The student has not met the goals, criteria, or competencies established for this course, practicum, or field placement
DST	The student has met and exceeded, above and beyond expectation, the goals, criteria, or competencies established for this course, practicum or field placement.

NOTE: The Minimum passing grade for this course is "COM".

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 notice 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

Practice experiences within the curriculum are a vital part of learning.

Attendance is required in all practice courses. Practice experiences within the curriculum are a vital part of learning. Attendance is required in all practice courses. Once students are at the University of Victoria, i.e. Semester Six and beyond, they must complete the required minimum practice hours designated for each course.

Students are required to complete specific on-line orientation modules prior to entering nursing practice. If students have not completed these modules, they are not permitted to participate or attend in off-site nursing practice activities, putting them at risk to fail the course.

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	Co-operative Education and Career Services
Fitness and Recreation	Makerspace
Office of Student Support	

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.