



# Course Syllabus

**Course title:** Health Promotion 3

**Class section:** PNUR - 137 - X01

**Term:** 2025S

**Course credits:** 3

**Total hours:** 44

**Delivery method:** In-Person

## Territorial acknowledgment

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

## Instructor details

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## Course description

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**Course Description:**

This course focuses on health promotion as it relates to the continuum of care across the lifespan. Health promotion in the context of mental illness, physical and developmental disabilities and maternal/child health is highlighted. Normal growth and development from conception to middle adulthood is addressed.

**Prerequisites:**

All of:

- COM in PNUR 182

**Co-requisites:**

All of:

- PNUR 134
- PNUR 135
- PNUR 136
- PNUR 138

## **Learning outcomes**

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

- identify normal patterns of growth and development from conception to middle adulthood.
- provide examples of public health services available to pregnant women in the community.
- describe health promoting strategies for the postpartum client and newborn.
- provide examples of mental health/illness services available to clients in the community.
- describe how culture may impact utilization of mental health resources.
- compare the level of mental health services from urban to rural areas.
- explore examples of harm reduction activities.
- discuss disparities in the delivery of community health services in BC, including LGBTQ2 care.
- identify and describe health promotion activities for clients living with mental illness and those living with disabilities.
- analyze the impact of cultural safety and trauma-informed practice to support mental health.
- give examples of teaching and learning strategies for care in the community.

- discuss the impact of immunization in health promotion.

## Course materials

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- Canadian Fundamentals of Nursing, 6th Edition (2019) by Potter & Perry. Elsevier Canada
- Introduction to Maternity & Pediatric Nursing in Canada (2020) by Leifer. Elsevier: Saunders
- Introductory Mental Health Nursing, 5th Edition, (2024) by Womble. Wolters Kluwer

The instructor will communicate any additional course materials throughout the course.

## Course schedule

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CLASS	ACTIVITY or TOPIC
1	Introduction to Health Promotion 3; Health Promotion for Children Living with Mental Illness
2	Health Promotion for Young Adults Living with Mental Illness
3	Substance Misuse and Health Promotion
4	Families Experiencing Violence
5 & 6	Normal Growth and Development (Conception to Newborn)
7	Normal Growth and Development (Infant)
8	Midterm Exam
9	Normal Growth and Development (1-5 years)
10	Normal Growth and Development (6-12 years)
11	Normal Growth and Development (12-19 years)
12	Normal Growth and Development (Young to Middle Adult)
13	Health Promotion for Children to Adolescents Living with Chronic Illness
14	Health Promotion for Individuals with Physical or Developmental Disabilities
15	Health Promotion for Individuals with Physical or Developmental Disabilities
16	Sexuality and STIs
17	Final Exam

## Assessment and evaluation

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Type	Description	Weight
Assignment	Guided Question Assignment	35%
Exams (Midterms and finals)	Midterm Exam	30%
Exams (Midterms and finals)	Final Exam	35%

## Course guidelines and expectations

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All assignment criteria must be completed, and a minimum grade of C+ is required to pass PNUR 137.

### TEST AND EXAMINATION PROCEDURES

There are policies regarding written test and examination procedures including late arrivals and missed tests. Please see the Health and Human Services Student Manual for Test and Examination Procedures: <https://legacy.camosun.ca/learn/school/health-human-services/student-info/index.html>

### WRITTEN ASSIGNMENTS

Assignments are due before 2400 hours (midnight) on the assigned day unless otherwise specified. Assignments about patients, residents or clients must be completed using the individual's initials only. Unless otherwise directed by individual course outlines, assignments must be: word processed, double-spaced, in an APA-approved font, with a title page and a reference list. Students requiring an extension for an assignment's due date 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% mark deduction for each day late.

Assignments submitted more than 3 days late may not be accepted without prior approval by the instructor.

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.

The use of Generative AI for any assignments in PNUR 137 is prohibited.

## School or departmental information

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Practical Nursing (PN) Program Handbook | Camosun College

<https://camosun.ca/hshs/student-info/hshs-student-handbook/practical-nursing-pn-program-handbook#behaviour>

### 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 <http://camosun.ca/students/>.

Support Service	Website
Academic Advising	<a href="http://camosun.ca/advising">http://camosun.ca/advising</a>
Accessible Learning	<a href="http://camosun.ca/accessible-learning">http://camosun.ca/accessible-learning</a>
Counselling	<a href="http://camosun.ca/counselling">http://camosun.ca/counselling</a>
Career Services	<a href="http://camosun.ca/coop">http://camosun.ca/coop</a>
Financial Aid and Awards	<a href="http://camosun.ca/financialaid">http://camosun.ca/financialaid</a>
Help Centres (Math/English/Science)	<a href="http://camosun.ca/help-centres">http://camosun.ca/help-centres</a>
Indigenous Student Support	<a href="http://camosun.ca/indigenous">http://camosun.ca/indigenous</a>
International Student Support	<a href="http://camosun.ca/international/">http://camosun.ca/international/</a>
Learning Skills	<a href="http://camosun.ca/learningskills">http://camosun.ca/learningskills</a>
Library	<a href="http://camosun.ca/services/library/">http://camosun.ca/services/library/</a>

Office of Student Support	<a href="http://camosun.ca/oss">http://camosun.ca/oss</a>
Ombudsperson	<a href="http://camosun.ca/ombuds">http://camosun.ca/ombuds</a>
Registration	<a href="http://camosun.ca/registration">http://camosun.ca/registration</a>
Technology Support	<a href="http://camosun.ca/its">http://camosun.ca/its</a>
Writing Centre	<a href="http://camosun.ca/writing-centre">http://camosun.ca/writing-centre</a>

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 policies and student responsibilities

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The college expects students to be responsible, respectful members of the college community. Responsible students meet expectations about attendance, assignments, deadlines, and appointments. They become familiar with academic policies and regulations, and their rights and responsibilities.

College policies are available online at the [Policies and Directives](#) page. Academic regulations are detailed on the [Academic Policies and Procedures for Students](#) page.

Policies all students should be familiar with include the [Academic Integrity Policy](#). This policy expects students to be honest and ethical in all aspects of their studies. It defines plagiarism, cheating, and other forms of academic dishonesty. Infractions of this policy can result in loss of marks or a failing grade. To learn more about plagiarism and cheating, including the use of artificial intelligence, review the [Academic Integrity Guide](#).

The [Academic Accommodations for Students with Disabilities Policy](#) defines how Camosun provides appropriate and reasonable academic accommodations. The Centre for Accessible Learning (CAL) coordinates academic accommodations. Students requiring academic accommodations should request and arrange accommodations through CAL. Contact CAL at least one month before classes start to ensure accommodations can be put in place in time. Accommodations for quizzes, tests, and exams must follow CAL's booking procedures and deadlines. More information is available on the [CAL website](#).

Students must meet the grading and promotion standards to progress academically. More information is available in the [Grading Policy](#).

The college uses two grading systems. A course will either use the standard letter grade system (A+ to F) or a competency-based approach with grades of complete, completed with distinction or not completed. Visit the [Grades/GPA page](#) for more information.

Students must meet the college's academic progress standards to continue their studies. A student is not meeting the standards of progress when a GPA falls below 2.0. The college offers academic supports for students at risk of not progressing. The [Academic Progress Policy](#) provides more details.

If you have a concern about a grade, contact your instructor as soon as possible. The process to request a review of grades is outlined in the [Grade Review and Appeals Policy](#).

The [Course Withdrawals Policy](#) outlines the college's requirements for withdrawing from a course. Consult the [current schedule](#) of deadlines for fees, course drop dates, and tuition refunds.

If students experience a serious health or personal issue, they may be eligible for a [medical or compassionate withdrawal](#). The [Medical/Compassionate Withdrawal Request Form](#) outlines what is required.

The [Acceptable Technology Use](#) policy ensures the use of the college network and computers contribute to a safe learning environment. This policy also applies to the use of personal devices with the college network.

Students experiencing sexual violence can get support from the Office of Student Support. This Office of Student support is a safe and private place to discuss supports and options. More information is available on the [sexual violence support and education site](#). Students can email [oss@camosun.ca](mailto:oss@camosun.ca) or phone 250-370-3046 or 250-370-3841.

The [Student Misconduct Policy](#) outlines the college's expectations of conduct. Students should behave to contribute to a positive, supportive, and safe learning environment.

The [Ombudsperson](#) provides an impartial, independent service to help students understand college policies.

## Services for students

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Successful students seek help and access college services. These services are recommended to make the most of your time at college.

### Services for Academic Success

- [Career Lab](#): Connects students with work-integrated learning experiences, including co-op placements and career fairs.
- [English, Math, and Science Help Centres](#): Get one-on-one help with homework.

- [Library](#): Get help with research, borrow materials, and access e-journals and e-books. Libraries at both campuses provide computers, individual and group study spaces.
- [Makerspace](#): A place to innovate, collaborate, and learn new skills and technology in a fun, dynamic, inclusive environment.
- [Writing Centre & Learning Skills](#): Get assistance with academic writing or meet with a learning skills specialist for help with time management, preparing for exams, and study skills.

#### Enrolment, Registration, and Records

- [Academic Advising](#): Talk to an academic advisor for help with program planning.
- [Financial Aid and Awards](#): Learn about student loans, bursaries, awards, and scholarships.
- [Registration](#): Get information about Camosun systems, including myCamosun, and college policies and procedures.
- [Student Records](#): Get verification of enrolment to access funding, request a transcript, or credential.

#### Wellness and Cultural Supports

- [Counselling](#): It's normal to feel overwhelmed or unsure of how to deal with life's challenges. The college's team of professional counsellors are available to support you to stay healthy. Counselling is free and available on both campuses. If you need urgent support after-hours, contact the Vancouver Island Crisis Line at 1-888-494-3888 or call 911.
- [Centre for Indigenous Education and Community Connections](#): Provides cultural and academic supports for Indigenous students.
- [Camosun International](#): Provides cultural and academic supports for international students.
- [Fitness and Recreation](#): Free fitness centres are located at both campuses.

For a complete list of college services, see the [Student Services](#) page.

## Changes to this syllabus

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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.