

# CLASS SYLLABUS



COURSE TITLE: NURS 133: Health Across the Lifespan  
CLASS SECTION:  
TERM: 2023W  
COURSE CREDITS: 3  
DELIVERY METHOD(S): 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](#).

---

<https://camosun.ca/about/covid-19-updates>

---

*Camosun College requires mandatory attendance for the first class meeting of each course. If you do not attend, and do not provide your instructor with a reasonable explanation in advance, you will be removed from the course and the space offered to the next waitlisted student.*

## INSTRUCTOR DETAILS

---

NAME: Click or tap here to enter text.  
EMAIL: Click or tap here to enter text.  
OFFICE: Click or tap here to enter text.  
HOURS: Click or tap here to enter text.

*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

---

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.

PREREQUISITE(S): All of: C in BIOL 152, C in NURS 132, C in NURS 160. And one of: C in ENGL 151, C in ENGL 161, C in ENGL 163, C in ENGL 164.  
CO-REQUISITE(S): None  
PRE/CO-REQUISITE(S): C in BIOL 153

## COURSE LEARNING OUTCOMES

---

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

- a) describe health and wellbeing across the lifespan.
- b) relate developmental theory to health and wellbeing across the lifespan.
- c) identify developmental milestones from birth to death, to inform nursing assessment and interventions.
- d) examine the relationships between family and health and wellbeing.

- e) describe normal pregnancy, childbirth, and family transitions.
- f) describe best practice in infant feeding.
- g) integrate learning theory with knowledge of each developmental stage.
- h) demonstrate culturally sensitive strategies for health promotion.
- i) demonstrate a family assessment, to identify strengths, capacities, and diversity of families.
- j) illustrate the importance of strength-based approaches to Indigenous family assessment.
- k) support, communicate with, and educate clients of all ages and their families through losses or death.
- l) integrate the Quality & Safety Education for Nurses (QSEN) competencies into developing understandings of healthcare and nursing practice.

#### REQUIRED MATERIALS & RECOMMENDED PREPARATION / INFORMATION

Astle, B. J., Duggleby, W., Potter, P. A., Griffin Perry, A., Stockert, P. A., & Hall, A. M. (Eds.). (2019). *Canadian Fundamentals of Nursing* (6th ed.). Elsevier.

Keenan-Lindsay, L., Sams, C.A., O'Connor, C., Perry, S.E., Hockenberry, M.J., Lowdermilk, D.L., & Wilson, D. (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.

#### 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.

PROPOSED TIMETABLE N133 2023		
DATES	CONTENT	ASSIGNMENTS DUE
Week 1	Module 1-Introduction & Course Orientation	
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	Midterm Exam- In Class Up to and including Module 5
Week 7	Reading Break- No classes	
Week 8	Module 7- Infant	
Week 9	Module 8- Toddler Module 9- Preschooler	

PROPOSED TIMETABLE N133 2023		
DATES	CONTENT	ASSIGNMENTS DUE
Week 10	Module 10- School-Age Module 11- Adolescent	
Week 11	Module 12- Young Adult Module 13- Middle Adult	Academic Paper Due
Week 12	Module 14-Older Adult	
Week 13 *Good Friday	Module 15-Loss & Death Across the Lifespan	Pamphlet & Poster Presentations
Week 14 *Easter Monday	Flex	Pamphlet & Poster Presentations
Exam Weeks		Final Exam- Date TBA

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 scan be reviewed on the [CAL exams page](http://camosun.ca/services/accessible-learning/exams.html). <http://camosun.ca/services/accessible-learning/exams.html>

#### STUDENT EVALUATION

ASSIGNMENT	PERCENTAGE OF FINAL GRADE	DUE DATE
Classroom Participation- Based on classroom learning activities and teacher discretion	5%	Weekly
Midterm Exam- Up to and including Module 5	30%	Week 6-In Class
Assignment Part A- Academic Paper on growth and development stage of your choice	20%	Week 11 <b>Note: 5%/day will be deducted for late submissions</b>
Assignment Part B- Poster or Pamphlet Presentation / Social Media (Instagram) post - peer marked	5%	Week 13 or 14 Teacher to Determine
Final Exam	40%	Exam Week

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.  
<http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.14.pdf>

This course is graded by the [Standard Grading System](#).

## SCHOOL OR DEPARTMENTAL INFORMATION

---

Students are required to read and are accountable for following College policies and practicum guidelines as described in the BSN and HHS Student Handbooks.

[BSN Student Handbook](#)

[HHS Student Handbook](#)

## 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>

---

Support Service	Website
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-WIDE POLICIES, PROCEDURES, REQUIREMENTS, AND STANDARDS

---

### Academic Accommodations for Students with Disabilities

The College is committed to providing appropriate and reasonable academic accommodations to students with disabilities (i.e. physical, depression, learning, etc). If you have a disability, the [Centre for Accessible Learning](#) (CAL) can help you document your needs, and where disability-related barriers to access in your courses exist, create an accommodation plan. By making a plan through CAL, you can ensure you have the appropriate academic accommodations you need without disclosing your diagnosis or condition to course instructors. Please visit the CAL website for contacts and to learn how to get started:

<http://camosun.ca/services/accessible-learning/>

### Academic Integrity

Please visit <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.13.pdf> for policy regarding academic expectations and details for addressing and resolving matters of academic misconduct.

### Academic Progress

Please visit <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/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 <http://camosun.ca/about/policies/education-academic/e-2-student-services-and-support/e-2.2.pdf> for further details about course withdrawals. For deadline for fees, course drop dates, and tuition refund, please visit <http://camosun.ca/learn/fees/#deadlines>.

### Grading Policy

Please visit <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.5.pdf> for further details about grading.

### Grade Review and Appeals

Please visit <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.14.pdf> for policy relating to requests for review and appeal of grades.

### Mandatory Attendance for First Class Meeting of Each Course

Camosun College requires mandatory attendance for the first class meeting of each course. If you do not attend, and do not provide your instructor with a reasonable reason in advance, you will be removed from the course and the space offered to the next waitlisted student. For more information, please see the “Attendance” section under “Registration Policies and Procedures”

(<http://camosun.ca/learn/calendar/current/procedures.html>) and the Grading Policy at <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.5.pdf>.

### 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. Please visit <http://camosun.ca/about/policies/education-academic/e-2-student-services-and-support/e-2.8.pdf> 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: <http://camosun.ca/about/policies/education-academic/e-2-student-services-and-support/e-2.9.pdf> and [camosun.ca/sexual-violence](http://camosun.ca/sexual-violence). To contact the Office of Student Support: [oss@camosun.ca](mailto: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 <http://camosun.ca/about/policies/education-academic/e-2-student-services-and-support/e-2.5.pdf> to understand the College’s expectations of academic integrity and student behavioural conduct.

**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.