



CAMOSUN COLLEGE

School of Health and Human Services (HHS)
Department: Community, Family & Child Studies

CSEA/EACS 120 Health and Wellness Fall 2019

COURSE OUTLINE

The course description is available on the web:
<http://camosun.ca/learn/calendar/current/web/csea.html#csea120>

Ω Please note: This outline will not be kept indefinitely. It is recommended students keep this outline for their records, especially to assist in transfer credit to post-secondary institutions.

1. Instructor Information

- (a) **Instructor** Shelley Skwara
- (b) **Office hours** After class or by appointment
- (c) **Location** Centre for Health and Wellness
- (d) **Phone** Email is the best contact
- (e) **E-mail** SkwaraS@camosun.bc.ca

2. Course Description & Intended Learning Outcomes

Students will develop the foundational skills and knowledge needed to support the health and wellness of people with disabilities and themselves. Students learn through theory and practice to provide safe, effective, and respectful personal assistance including lifts and transfers, personal hygiene, nutrition, bathing, and positioning.

Upon successful completion of this course, you will be able to:

- a. provide safe, effective, and respectful person-directed care with children, youth, and adults with disabilities
- b. use appropriate resources and strategies to support the health and wellness of children, youth, and adults with disabilities, as well as yourself
- c. provide personal supports that meet the needs of individuals with specific health conditions
- d. describe the process of aging and the effect of aging on health and wellness

3. Required Materials

Textbooks/Resources:

- Sorrentino, Sheila, et al, *Mosby's Canadian Textbook for the Support Worker*, (4th Cdn. Ed.) Published by Elsevier Canada, Toronto, ON, 2018
- CSEA/EACS 120 *Seizure Management Self Learning Module* (on D2L)
- Access to a computer is required to submit assignments, and important to further your acquisition of knowledge and resources.

4. Course Content and Schedule

- The schedule is subject to change based on availability of learning resources and class pace of learning.
- Additional readings/resources will be provided intermittently throughout the course through D2L. All readings, videos, and assigned learning activities must be completed before classes and labs.

Week	Dates	Topics/Readings
1	September 4 & 6	<ul style="list-style-type: none"> • Role of the Support Worker (Chapter 1) • Health, Wellness, and Disability (Chapter 4)
2	September 11 & 13	<ul style="list-style-type: none"> • Pain, Comfort, and Sleep (Chapter 12) • Stress, Burnout, and Relaxation (Chapter 7)
3	September 18 & 20	<ul style="list-style-type: none"> • Recording and Reporting Client Care (Chapter 14) • Vital Signs (Chapter 15)
4	September 25 & 27	<ul style="list-style-type: none"> • Safety (Chapter 22) • Adaptive Equipment
5	October 2 & 4	<ul style="list-style-type: none"> • Skin Care (Chapter 24) • Infection Control (Chapter 23)
6	October 9 & 11	<ul style="list-style-type: none"> • Body Mechanics (Chapter 25) -lifts, transfers, positioning
7	October 16 & 18	<ul style="list-style-type: none"> • Nutrition (Chapter 28) • Support for Feeding (Chapter 29)
8	October 23 & 25	<ul style="list-style-type: none"> • Grooming and Dressing (Chapter 31) • Personal Hygiene (Chapter 30)
9	October 30 & November 1	<ul style="list-style-type: none"> • Global Perspectives on Health Practices • Urinary and Bowel Elimination (Chapters 32 & 33)
10	November 6 & 8	<ul style="list-style-type: none"> • Considerations Throughout the Lifespan • Considerations for Specific Diagnoses
11	November 13 & 15	<ul style="list-style-type: none"> • Aging (Chapter 21) • Hearing and Visual Impairments (Chapter 40)
12	November 20 & 22	<ul style="list-style-type: none"> • Community Health • Exercise and Activity (Chapter 26)
13	November 27 & 29	<ul style="list-style-type: none"> • Review -classwork and open lab practice
14	December 4 & 6	<ul style="list-style-type: none"> • Final Exam • Final Lab Skills Check

Class Times and Locations

Wednesdays CHW 351
 Fridays CHW 446/447

5. Basis of Student Assessment (Weighting)

Assignments and Evaluation of Learning

- **Projects** **45%**
- **Participation** **15%**
- **Lab Skills** **15%**
- **Final Exam** **25%**

- All assignments are to be submitted to D2L as Word documents.
- Late assignments will lose 5% of the total possible grade per day, unless otherwise pre-arranged in writing with instructor.

- c. All coursework must be completed to fulfill the requirements of this course.
- d. The passing grade for CSEA/EACS 120 is 60% or “C”.

Projects

45% of your final grade will be determined by the completion of 3 assignments. Individual and group assignments will be used to demonstrate your integrated understanding of health and wellness issues and skills.

Participation

15% of your final grade will be determined by your participation in the classroom and lab. The following are examples of criteria that will be considered when this grade is being calculated:

- Arriving on time, returning from breaks on time, and staying until the end of the class
- Coming to class prepared and well-researched for the topics being discussed; i.e. completing required reading(s) before class
- Actively participating and contributing to classroom discussions
- Actively participating in lab sessions—not just “supervising” or “observing”
- Being respectful of the ideas and opinions expressed by others and recognizing that everyone learns differently
- Refraining from disruptive behaviour i.e. background chatter, eating during class, using cell phones, texting, leaving classroom while class is in session, sleeping during class, etc.
- Completing non-graded in-class assignments

Lab Skills

15% of your final grade will be determined by your satisfactory demonstration of skills and procedures taught in class and lab. Skills will be checked throughout the semester by instructor and/or instructional assistant.

Final Exam

25% of your final grade will be determined by a final written exam. Content will include coursework from both classroom and lab experiences. The format of the exam will be a combination of short answer and case study questions.

6. Grading System

- Standard Grading System (GPA)
- Competency Based Grading System

7. Recommended Materials to Assist Students to Succeed Throughout the Course

A medical dictionary of your choice may be helpful and is optional.

8. College Supports, Services and Policies

Immediate, Urgent, or Emergency Support



If you or someone you know requires immediate, urgent, or emergency support (e.g., illness, injury, thoughts of suicide, sexual assault, etc.), **SEEK HELP**. Resource contacts:

<http://camosun.ca/about/mental-health/emergency.html> or
<http://camosun.ca/services/sexual-violence/get-support.html#urgent>

College Services

Camosun offers a variety of health and academic support services, including counselling, dental, centre for accessibility, help centre, learning skills, sexual violence support & education, library, and writing centre. For more information on each of these services, visit Student Services at <http://camosun.ca/services/>

College Policies

Policies are available on the College website at <http://camosun.ca/about/policies/>

Camosun strives to provide clear, transparent, and easily accessible policies that exemplify the college's commitment to life-changing learning. It is the student's responsibility to become familiar with the content of College policies.

Education and academic policies include, but are not limited to, [Academic Progress](#), [Admission](#), [Course Withdrawals](#), [Student Appeals](#), Medical/Compassionate Withdrawal, Sexual Violence and Misconduct, Student Ancillary Fees, and Student Penalties and Fines.

Student Conduct Policy

There is a [Student Conduct Policy](#). It is the student's responsibility to become familiar with the content of this policy. The policy is available in each School Administration Office, Registration, and on the College website.

1. GRADING SYSTEMS

<http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.5.pdf#page=2>

The following two grading systems are used at Camosun College:

1. Standard Grading System (GPA)

Percentage	Grade	Description	Grade Point Equivalency
90-100	A+		9
85-89	A		8
80-84	A-		7
77-79	B+		6
73-76	B		5
70-72	B-		4
65-69	C+		3
60-64	C		2
50-59	D		1
0-49	F	Minimum level has not been achieved.	0

2. Competency Based Grading System (Non GPA)

This grading system is based on satisfactory acquisition of defined skills or successful completion of the course learning outcomes.

Grade	Description
COM	The student has 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.
NC	The student has not met the goals, criteria or competencies established for this course, practicum or field placement.

1. Temporary Grades

Temporary grades are assigned for specific circumstances and will convert to a final grade according to the grading scheme being used in the course. See Grading Policy at <http://www.camosun.bc.ca/policies/E-1.5.pdf#page=4> for information on conversion to final grades, and for additional information on student record and transcript notations.

Temporary Grade	Description
I	<i>Incomplete:</i> A temporary grade assigned when the requirements of a course have not yet been completed due to hardship or extenuating circumstances, such as illness or death in the family.
IP	<i>In progress:</i> A temporary grade assigned for courses that are designed to have an anticipated enrollment that extends beyond one term. No more than two IP grades will be assigned for the same course.
CW	<i>Compulsory Withdrawal:</i> A temporary grade assigned by a Dean when an instructor, after documenting the prescriptive strategies applied and consulting with peers, deems that a student is unsafe to self or others and must be removed from the lab, practicum, worksite, or field placement.