



CAMOSUN COLLEGE

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



Camosun.ca/hhs-handbook

CSEA/EACS 120 Health and Wellness Winter 2021

COURSE OUTLINE

The course description is available on the web:

<http://camosun.ca/learn/calendar/current/web/csea.html#csea120>

Camosun College will continue to follow the guidance of the Provincial Health Officer, the B.C. Government and WorkSafeBC, and as such may revise the delivery of courses. Courses with an approved face-to-face component may need to move to online or remote delivery if necessary.

The COVID-19 pandemic has presented many challenges, and Camosun College is committed to helping you safely complete your education. Following guidelines from the Provincial Health Officer, WorkSafe BC and the B.C. Government to ensure the health and wellbeing of students and employees Camosun College is providing you with every possible protection to keep you safe including COVID Training for students and employees, health checks, infection control protocols including sanitization of spaces, PPE and ensuring physical distancing. Please refer to: <http://camosun.ca/covid19/faq/covid-faqs-students.html>
However, if you're at all uncomfortable being on campus, please share your concerns with your Instructor and if needed, alternatives will be discussed.

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** TBA
- (b) **Office hours** [Click or tap here to enter text.](#)
- (c) **Location** [Click or tap here to enter text.](#)
- (d) **Phone** [Click or tap here to enter text.](#) **Alternate:** [Click or tap here to enter text.](#)
- (e) **E-mail** [Click or tap here to enter text.](#)
- (f) **Website** <http://camosun.ca/learn/programs/education-assistant-community-support/>

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

- a. The schedule is subject to change based on availability of learning resources and class pace of learning.
- b. 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

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.
- All coursework must be completed to fulfill the requirements of this course.
- 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.

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 Handbook item 5.4 for Test and Examination Procedures at <http://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, font meeting APA 7th edition guidelines, with a title page and a reference list. Students requiring an extension for the due date of an assignment 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% deduction in mark for each day late.

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.

Review the School of Health and Human Services [Student Handbook](#) and the specific section for the EACS program.

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		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.