

CLASS SYLLABUS



COURSE TITLE: CSEA 120 – Health and Wellness
CLASS SECTION: X14
TERM: F2021
COURSE CREDITS: 4
DELIVERY METHOD(S): In-person, Belmont classroom and Interurban Saturday labs

Camosun College campuses are located on the traditional territories of the Ləkʷəŋən 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: Madison Brooks
EMAIL: brooksm@camosun.ca
OFFICE:
HOURS: Wednesdays 2:30-3:30pm (in-person @ Belmont) or by appointment.

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

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.

PREREQUISITE(S): n/a
CO-REQUISITE(S): n/a
PRE/CO-REQUISITE(S): n/a

COURSE DELIVERY

| ACTIVITY | HOURS / WEEK | # OF WEEKS | ACTIVITY HOURS |
|-------------------------------|--------------|------------|----------------|
| Lecture | 3 | 14 | 42 |
| Seminar | | | |
| Lab / Collaborative Learning | 3 | 14 | 42 |
| Supervised Field Practice | | | |
| Workplace Integrated Learning | | | |

| | | |
|--|-------------|----|
| | | |
| | TOTAL HOURS | 84 |

COURSE LEARNING OUTCOMES

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

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

REQUIRED MATERIALS & RECOMMENDED PREPARATION / INFORMATION

Textbook:

Wilk, M.J., Sorrentino, S.A., & Remmert, L.N. (2021). *Sorrentino's Canadian Textbook for the Support Worker* (5th ed.). Elsevier.

Preparation:

Your textbook is an excellent resource and you should be able to do a significant portion of your preparation with this text. 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.

There are additional texts and references available to you in the library as well as carefully selected, trustworthy information that can be found on the internet to supplement your learning in this course.

COURSE SCHEDULE, TOPICS, AND ASSOCIATED PREPARATION / ACTIVITY / EVALUATION

The following schedule and course components are subject to change with reasonable advance notice, as deemed appropriate by the instructor.

| WEEK | DATE RANGE | ACTIVITY or TOPIC | TEXTBOOK PAGES | OTHER NOTES |
|------|-----------------------------------|--|----------------|--|
| 1 | Sept. 8 | Role of the Support Worker (Chapter 1) orientation | 1-20 | |
| 2 | Sept. 15 | Infection control | 376-406 | Quiz 1 Lecture (quiz given in class to complete) |
| 3 | Sept. 22 | Infection control COVID-19 safety Exam #1 Safety and Infection Control | 406-414 | Quiz 2 Lab (quiz given in class to complete) |
| 4 | Sept. 29 Oct. 2 (Saturday) LAB | Vital Signs (Chapter 25) Lab Activity 1 Vital Signs | 528-556 | |
| 5 | Oct. 6 | Basic and oral hygiene (Chapter 17) | 296-336 | |

| WEEK | DATE RANGE | ACTIVITY or TOPIC | TEXTBOOK PAGES | OTHER NOTES |
|------|--|---|--|--|
| 6 | Oct. 13 | Urinary and bowel elimination (Chapters 29 & 30) | 636-678 679-696 | |
| 7 | Oct. 20 | Bowel and bladder care and hygiene | | Quiz 3 Catheters (quiz given in class to complete) |
| 8 | Oct. 27 | Medications including oral and suppositories (Chapter 45) | 1055-1085 D2L video on giving medications | Quiz 4 Medications (quiz given in class to complete) |
| 9 | Nov. 3 Nov. 6 (Saturday) LAB | Nutrition (Chapters 27 & 28) and body mechanics (video only) Lab Activity 2 Care Plans due | 591-635 D2L video STABLE | |
| 10 | Nov. 10 | Aging, Body Mechanics (Chapter 14) - lifts, transfers, positioning Chronic diseases (Chapter 22) | 215-258 480-510 | 1019-1031; 891-926 (browse quickly) |
| 11 | Nov. 17 | Reporting and documenting Diabetes | 788-789 | See D2L resources for week |
| 12 | Nov. 24 | Review | | |
| 13 | Dec. 1 Dec. 4 (Saturday) LAB | Final Exam Final Lab Skills/skills assessment | | |
| 14 | Dec. 8 | Final Labs Skills Checks- Final Lab Rechecks | | |

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

| DESCRIPTION | WEIGHTING |
|---|-------------|
| Safety and Infection Control Exam-Sept. 22 | 25% |
| Final Exam-Dec. 1 | 35% |
| Lab Skills or skills videos practice Ongoing and in-person labs | 10% |
| Quizzes and in-class work-Ongoing | 30% |
| Skills assessment | Pass/Fail |
| TOTAL | 100% |

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](http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.14.pdf) policy for more information.
<http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.14.pdf>

COURSE GUIDELINES & EXPECTATIONS

CSEA 120 is an interactive, hands-on course that uses a variety of teaching and learning modes: presentation of information by instructor in-person, discussion, group process, self-reflective learning, self-directed study, audio-visual, and practice in lab setting.

- All assignments are to be submitted or completed on time.
- Late assignments will lose 5% of the total possible grade per day, unless otherwise pre-arranged in writing with instructor. Concerns about assignment due dates should be pre-discussed with the instructor so solutions can be explored.
- All coursework must be completed to fulfill the requirements of this course.
- The passing grade for CSEA/EACS 120 is 60% or “C”.

Conduct:

- Please arrive to meetings or lab on time. Consistent attendance and participation are critical for success. If you are unable to attend class, an email is appreciated.
- This course emphasizes experiential learning. Students are expected to attend all scheduled classes, complete all required readings in preparation for class and to participate in class discussions and activities.
- Adhere to the dress code for the lab: wear shoes that have closed toes and heels and clothing that allows you to move freely and comfortably but dress professionally. Wear a mask when on campus. Cell phones are not permitted in the lab at any time unless prior arrangement has been made with the instructor. Eating and drinking are not allowed in the lab, breaks for eating and drinking will be planned.
- 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.

SCHOOL OR DEPARTMENTAL INFORMATION

In-person lecture and lab, as well as resources through the D2L learning platform will provide students with online and in-person opportunities to learn. Lectures and Lab will take place in-person. Additionally, three Saturdays of labs will allow for students to practice and demonstrate skills learned in the course.

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 | http://camosun.ca/advising |
| Accessible Learning | http://camosun.ca/accessible-learning |
| Counselling | http://camosun.ca/counselling |
| Career Services | http://camosun.ca/coop |
| Financial Aid and Awards | http://camosun.ca/financialaid |
| Help Centres (Math/English/Science) | http://camosun.ca/help-centres |
| Indigenous Student Support | http://camosun.ca/indigenous |
| International Student Support | http://camosun.ca/international/ |
| Learning Skills | http://camosun.ca/learningskills |
| Library | http://camosun.ca/services/library/ |
| Office of Student Support | http://camosun.ca/oss |
| Ombudsperson | http://camosun.ca/ombuds |
| Registration | http://camosun.ca/registration |
| Technology Support | http://camosun.ca/its |
| Writing Centre | http://camosun.ca/writing-centre |

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. To contact the Office of Student Support: 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.