

**HCA 140: LIFESTYLE AND CHOICES**

**COURSE DESCRIPTION**

This course introduces students to a holistic concept of health and the components of a health-enhancing lifestyle. Students will be invited to reflect on their own experience of health, recognizing challenges and resources that can impact lifestyle choices. Students will be introduced to a model that can be applied in other courses to understand the multi-faceted aspects of health and healing.

**COURSE HOURS: 30**

**LEARNING OUTCOMES**

1. Discuss the interrelationship of physical, social, cognitive, emotional and spiritual determinants of health:
2. Display an understanding of how lifestyle choices and behaviours contribute to physical, psychological, social, cognitive and spiritual health:
3. Display an understanding of the complexity of the change process in relation to health promotion

**COURSE CONTENT**

Dimensions of Health  
Cognitive Health  
Physical Health  
Emotional Health  
Social Health  
Spiritual Health  
Health Assessment

**EVALUATION STRATEGIES**

**1. Health Wheel (15%)**

You will complete your own personalized health wheel, incorporating all five dimensions of health. Two marks will be allotted for each health dimension physical, cognitive, emotional, social and spiritual. Your written submission will include a definition (in your own words) of each dimension and describe two ways it affects your health. (10 marks)

You are also required to prepare and present a visual demonstration of a personal item that reflects health to you and describe how this impacts on the 5 dimensions of health. (5 marks)

**2. Health Change Project (30%)**

The purpose of this project is to provide you with an opportunity to apply knowledge learned in the course in the development and implementation of a personal lifestyle change process. You will be invited to choose an aspect of your life – a behaviour or habit - that you **wish to change or modify**. Following the problem-solving, decision-making process you have learned in other courses, you will identify a specific personal goal, list options and consequences, make a decision or set up a plan of action and carry it out activities to meet your goal.

Then you will evaluate your progress and identify what percentage of your goal was met. You will also analyze your change in relation to effects on each of the domains of health. The instructor will set the due dates for each part of the project. Your identified goal will be submitted at the beginning of the project and is worth 5% of the total mark. Proof of your activities is required.

**3. Health Assessment Workbook (35%)**

Throughout the course, you will complete assignments at the end of each unit. Your application of knowledge from the course will be evaluated as it is reflected in these activities. The percentages for each section of the workbook are indicated within the workbook. Your Health Assessment Workbook will be submitted on the date specified by your instructor.

**4. Student Learning Guide Activities (10%)**

Learning activities included in the student learning guide are to be completed and submitted at the end of this course. (10 marks)

**5. Health Assessment (10%)**

You are required to assess your health several times during this course, using a continuum indicating poor health to excellent health in each of the 5 health domains. The assessment times will be indicated to you by your instructor. Your health assessment and a personal reflection of factors that influenced your assessment will be required.

**NOTE:** As with all courses in the Health Care Assistant program, you are required to achieve a minimum grade of 70% (B-) in HCA 140 Health 2: Lifestyle and Choices in order to successfully pass the course.

There will be 1 mark deducted each day for late assignments.