



School of Health & Human Services

Continuing Care Department
Health Care Assistant Program

Fall 2018

HCA 140 Health 2: Lifestyle and Choices (30 hours)

COURSE OUTLINE

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.

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.

Pre-requisites: Admission to the Health Care Assistant Program

Co-requisites: Enrollment in the Health Care Assistant Program

Instructor Information:

(a)	Instructor:	Dianne Patterson
(b)	Office Hours:	Tuesday & Thursday 2:00 to 9:00 & Saturday 12:00-4:00
(c)	Location:	Wilna Thomas Room 208
(d)	Phone:	250-370 3212
(e)	Email:	pattersond@camosun.bc.ca

Intended Learning Outcomes:

Upon successful completion of this course, the learner will:

1. Discuss the interrelationship of physical, social, cognitive, emotional and spiritual dimensions and 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.

Required Materials:

- **Mosby's Canadian Textbook for the Support Worker**, 4th Canadian Edition (2018) by Sorrentino, Remmert & Wilk. Elsevier
- **Professionalism in Health Care: A Primer for Career Success**, 5th Edition (2017) by Makely, Austin & Kester. Pearson

Course Content and Schedule:

Please see Semester Calendar for specific dates

Unit 1 – Dimensions of Health

Unit 2 – Cognitive Health

Unit 3 – Physical Health

Unit 4 – Emotional Health

Unit 5 – Social Health

Unit 6 – Spiritual Health

Evaluation Criteria:

Assignment/Percentage	Details
Exam 30%	Will include all content from Units 1-6
Health Wheel – Positive Health Habit 15%	You will create your personalized health wheel focusing on one particular positive health habit. You will incorporate all five dimensions of health and include a written definition of each dimension and two ways that this health habit impacts each dimension of health.
Health Change Goal 5%	Identify an aspect of your life that you want to create a positive change in and create a SMART goal for this process
Health Change Project 25%	Using the knowledge learned in this course you will choose a behaviour of habit that you wish to change or modify. You will use problem solving and decision making processes to identify a goal, list options and consequences, make a decision, set up a plan of action and carry out activities to meet your goal. You will analyze the result of your change goal in relation to the dimensions of health.
Dimensions of Health Scenarios 15%	Group activity where you will be assigned on individual and will be expected to analyze that person with respect to the five dimensions of health.
Spiritual Health Object 10%	You will bring in one personal item that reflects spirual health to you. You will then do a verbal presentation on how this object affects all five dimensions of health.

Students must achieve a minimum of 70% to pass HCA 140 Health 2: Lifestyles and Choices

Grading System

Additional information regarding grading policies at Camosun College can be found at <http://www.camosun.bc.ca/policies/policies.php>

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

LEARNING SUPPORT AND SERVICES FOR STUDENTS

There are a variety of services available for students to assist them throughout their learning. This information is available in the College Calendar, Student Services or the College web site at <http://www.camosun.bc.ca>

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 web site in the Policy Section. <http://camosun.ca/about/policies/education-academic/e-2-student-services-and-support/e-2.5.pdf>

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 Manual for Test and Examination Procedures at <http://camosun.ca/learn/school/health-human-services/documents/HHS-Student-Handbook.pdf>

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, 12 font, Times New Roman font, 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.