

**HCA 140 Lifestyle and Choices**  
**Fall 2019**

**COURSE OUTLINE**

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The course description is available on the web:  
<http://camosun.ca/learn/calendar/current/web/hca.html#hca140>

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

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**1. Instructor Information**

- (a) **Instructor** Heather Frame
- (b) **Office hours** To be communicated through D2L. Please e-mail to set up appointments as required.
- (c) **Location**
- (d) **Phone** 250 – 370 - 4754 **Alternative:** [Click or tap here to enter text.](#)
- (e) **E-mail** [frameh@camosun.bc.ca](mailto:frameh@camosun.bc.ca)
- (f) **Website** [www.camosun.ca](http://www.camosun.ca)

**2. Intended Learning Outcomes**

Upon successful completion of this course a student will be able to:

- Discuss the interrelationship of physical, social, cognitive, emotional and spiritual dimensions and Determinants of Health.
- Display an understanding of how lifestyle choices and behaviours contribute to physical, psychological, social, cognitive and spiritual health.
- Display an understanding of the complexity of the change process in relation to health promotion.

**3. Required Materials**

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

#### 4. 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

#### 5. Basis of Student Assessment (Weighting)

Assignment/Percentage	Details
<b>Exam</b> <b>30%</b>	Will include all content from Units 1-6
<b>Health Wheel – Positive Health Habit</b> <b>20%</b>	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.
<b>Health Change Goal</b> <b>5%</b>	Identify an aspect of your life that you want to create a positive change in and create a SMART goal for this process
<b>Health Change Project</b> <b>25%</b>	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.
<b>Determinants of Health Scenarios</b> <b>20%</b>	Group activity where you will be expected to list and describe the 12 determinants of health. Then assigned an individual and will be analyze that person with respect to the determinants of health. This information will be presented to the class.

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

#### **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.

## 6. Grading System

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

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

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## 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 college policies.

Education and academic policies include, but are not limited to, [Academic Progress](#), [Admission](#), [Course Withdrawals](#), [Grading](#), [Involuntary Health and Safety Leave of Absence](#), [Prior Learning Assessment](#), [Medical/Compassionate Withdrawals](#), [Sexual Violence and Misconduct](#), [Standards for Awarding Credentials](#), [Student Ancillary Fees](#), [Student Appeals](#), and [Student Penalties and Fines](#).

### Student Conduct Policy

The [Student Conduct Policy](#) provides clear expectations of appropriate academic and non-academic student conduct and establishes processes for resolution of conduct issues or the imposition of sanctions for inappropriate conduct. It is the student's responsibility to become familiar with the content of this policy.

### A. GRADING SYSTEMS

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

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.

## B. 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://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.5.pdf> 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.