



School of Health & Human Services  
*Practical Nursing Program*

Summer 2016

Course Name: Health Promotion 1 (30 hrs)

Course Number: PNUR 117

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## COURSE OUTLINE

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### Course Description:

This introductory course will increase the learners understanding of health promotion within the Canadian context. This includes health enhancement, health protection, disease prevention, health restoration/recovery, care and support. Knowledge of growth and development, health inequities and determinants of health will support the Practical Nurse to provide culturally appropriate and holistic care.

**Pre-requisites:** Admission to the Practical Nursing Program

**Co-requisites:** Professional Communication 1; Professional Practice 1; Variations in Health 1; Pharmacology 1; Integrated Nursing Practice 1

### Instructor Information

<b>(a) Instructor</b>	Karen Neilson
<b>(b) Office hours</b>	By appointment
<b>(c) Location</b>	WT 210
<b>(e) Contact:</b>	<a href="mailto:neilsonk@camosun.bc.ca">neilsonk@camosun.bc.ca</a> 250-370-3241

### Intended Learning Outcomes

Upon successful completion of this course, the learner will:

1. Explain definitions and concepts related to health promotion.
2. Identify and explain epidemiology related to health promotion.
3. Explain the difference between primary, secondary, and tertiary prevention.
4. Provide examples that explain the difference between health promotion and disease prevention.
5. Discuss the major components of Canada's health care system.

6. Explain how the determinants of health impact individual health and wellness.
7. Identify health disparities between Aboriginal people and non-Aboriginal people in Canada.
8. Identify the determinants of health of Aboriginal populations.
9. Define cultural competence in health promotion.
10. Explain the principles of chronic disease management.
11. Describe teaching and learning principles for health promotion across the lifespan.
12. Describe the steps of communicable disease reporting.
13. Describe common normal growth and development theories across the lifespan.
14. Explain the concept of harm reduction.

**Learning Resources/Required Textbook:**

Canadian Fundamentals of Nursing, 5th Edition (2014) by Potter & Perry. Elsevier Canada

Additional course readings may be provided by the instructor at the onset of the course.

**Course Content and Schedule**

Class 1 – Holistic Health & Health Promotion

Class 2 – Determinants of Health  
Introduction to Health Statistics

Class 3 – Nutrition & Exercise  
Growth & Development Theories

Class 4 – Midterm Exam  
Health Disparities; Diversity in Health Beliefs

Class 5 – Stat Holiday

Class 6 - Communicable Diseases  
Harm Reduction

Class 7 – Chronic Disease & Wellness  
Teaching & Learning in Health Promotion

Class 8 – Final Comprehensive Exam

## Evaluation criteria

<b>% Grading</b>	<b>Level 1</b>
<b>Determinants of Health Assignment</b> 35%	
<b>Midterm Exam</b> 30%	Includes content from classes 1-3
<b>Final Exam</b> 35%	Comprehensive final exam covering all course content

## Grading System

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

### Standard Grading System (GPA)

<b>Percentage</b>	<b>Grade</b>	<b>Description</b>	<b>Grade Point Equivalency</b>
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://www.camosun.bc.ca/policies/policies.html>