

PNUR 117 Health Promotion 1
Fall 2019

COURSE OUTLINE

The course description is available on the web:
<http://camosun.ca/learn/calendar/current/web/pnur.html#pnur117>

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.

1. Instructor Information

- (a) **Instructor** Shelly Barnes
(b) **Office hours** By appointment
(c) **Location** CHW 317
(d) **Phone** 250 370 4674 **Alternative:**
(e) **E-mail** BarnesS@camosun.bc.ca
(f) **Website**

2. Intended Learning Outcomes

This course introduces the concepts of health promotion, the determinants of health, health inequities, and develops a beginning knowledge of normal growth and development. Topics include health enhancement, health protection, disease prevention, health restoration/recovery, care, and support.

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

- a) explain definitions and concepts related to health promotion.
- b) identify and explain epidemiology related to health promotion.
- c) explain the difference between primary, secondary, and tertiary prevention.
- d) provide examples that explain the difference between health promotion and disease prevention.
- e) discuss the major components of Canada's health care system.
- f) explain how the determinants of health impact individual health and wellness.
- g) identify health disparities between Indigenous peoples and non- Indigenous peoples in Canada.
- h) identify the determinants of health of Indigenous populations.
- i) define cultural sensitivity and awareness in health promotion.
- j) explain the principles of chronic disease management.
- k) describe teaching and learning principles for health promotion across the lifespan.
- l) describe the steps of communicable disease reporting.

- m) describe common normal growth and development theories across the lifespan.
- n) explain the concept of harm reduction.
- o) define trauma-informed practice.
- p) define health promotion principles in LGBTQ2 care.

3. Required Materials

Canadian Fundamentals of Nursing (6th Ed.), Potter & Perry. Elsevier Canada. 2014.

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

4. Course Content and Schedule

Please see Semester Calendar for specific dates

Class 1 – Holistic Health & Health Promotion

Class 2 – Determinants of Health

Class 3 – Nutrition & Exercise

Class 4 – Growth and Development Theories

Class 5 – Diversity in Health Beliefs

Class 6 - Midterm Exam

Health Disparities & Diversity in Health Beliefs

Class 7 – Communicable Diseases

Class 8 –Chronic Disease & Wellness

Health Care in the Canadian Health Care System

Class 9 – Teaching and Learning in Health Promotion

Class 10 – Health Care in Canada

Class 11 –Final Comprehensive Exam

5. Basis of Student Assessment (Weighting)

Determinants of Health Assignment: 35%

Midterm Exam: 30%

- Includes content from classes 1-5

Final Exam: 35%

- Comprehensive final exam covering all course content

Students must achieve a minimum of 65% to pass Health Promotion

6. Grading System

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

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

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://www.camosun.bc.ca/policies/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.