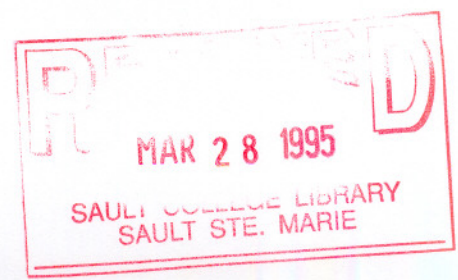


SAULT COLLEGE OF APPLIED ARTS & TECHNOLOGY
SAULT STE. MARIE, ONTARIO

COURSE OUTLINE

COURSE TITLE: FOUNDATIONS OF WELLNESS
CODE NO: GER 120 SEMESTER: I
PROGRAMME: COMMUNITY GERONTOLOGY WORKER
AUTHOR: NANCY MCCLELLAND PROFESSOR: RUTH WILSON
DATE: MAR/95 PREVIOUS OUTLINE DATED: JAN/95

APPROVED: Stenley Date Mar 27/95
Dean



FOUNDATIONS OF WELLNESS

GER 120

Course Name

Code No.

45 HRS

TOTAL CREDIT HOURS

PREREQUISITE(S): N/A

30 HOURS = CLASSROOM

15 HOURS = INDEPENDENT STUDY (oral group discussions)

I. PHILOSOPHY/GOALS:

Optimal health and wellness is everyone's goal. Students will be introduced to issues about personal wellness, an understanding of the bio-psycho-social processes to keep well and knowledge of the interventions which will encourage wellness. Each student will explore the philosophy of holistic health and their willingness to assume responsibility for their health.

This course deals with health promotion strategies needed to make healthy lifestyle choices, to maintain or improve health and how to approach personal change.

II. STUDENT PERFORMANCE OBJECTIVES:

Upon successful completion of this course, the student will:

1. demonstrate an understanding of the concept of wellness and the components of health from a multicultural view.
2. understand the process of personal change.
3. demonstrate knowledge of healthy nutritional and health weight concept.
4. explore the relationships between physical fitness activity and wellness.
5. examine the stages of sleep and the relevance of sleep to health and wellness.
6. develop awareness of the healthy adult sexuality and the responsibility for safe sexual behaviour.
7. demonstrate an understanding of choices, decisions, and self responsibility affecting personal safety, in the home, work and leisure environment.
8. explore issues affecting environmental health.

Course Name

Code No.

II. STUDENT PERFORMANCE OBJECTIVES Continued . . .

9. a) demonstrate an understanding of the concepts of emotional and spiritual health.
 - b) demonstrate an understanding of the physical and psychological responses to stress and lifestyle factors contributing to stress.
 - c) identify a variety of coping and healing strategies used in stress management
10. explore traditional aboriginal health care practices and other complimentary health care alternatives.

III. TOPICS TO BE COVERED:

- Wellness and Components of Health from multicultural perspective
- Nutrition and Weight Management
- Activity, Benefits of Fitness
- Sleep and Relevance to Health
- Process of Personal Change
- Making Choices, Taking Self Responsibility for Health
- Personal Safety at Home, Work, at Leisure
- Responsible Sexual Behaviour and Practices
- Environmental Health Issues
- Concepts of Emotional/Spiritual Health
- Stress Management
- Complimentary Health Care Practices

"Personal Wellness Inventory"

2. Explore health from multicultural viewpoints.
3. Identify the determinants of health

B. HEALTH

1. Define the components of health.
 - a) nutritional awareness
 - b) physical fitness
 - c) emotional health
 - d) sexual health
 - e) spiritual health
 - f) environmental awareness
 - g) personal safety
 - h) personal responsibility

C. PHYSICAL FITNESS & QUALITY OF REST/SLEEP

1. Examine the benefits of physical fitness.

Chapter 4, "Fitness Appraisal"

 - a) components of fitness
 - b) planning a personal fitness programme
exercise
2. Identify the need for quality of rest and sleep.
 - a) stages of sleep, quality of sleep
 - b) hours of sleep required
 - c) planning an appropriate sleep environment

D. NUTRITION

1. Identify components of Canada's Food Guide

Chapters 5 & 6,
Assignment #2,
"Personal Nutritional Assessment"
2. Recognize essential nutrients and their function in the body.

IV.

LEARNING ACTIVITIES

REQUIRED RESOURCES

D. NUTRITION Continued . . .

3. Identify common nutrient excesses and deficiencies in the Canadian diet and their relationship to health.
4. Examine the healthy weight concept.
 - a) BMI
 - b) planning a healthy diet
 - c) consider cultural differences/norms

E. EMOTIONAL/SPIRITUAL HEALTH

1. Define elements of emotional/spiritual growth. Chapter 2
 - a) normal range of emotions
 - b) development of positive self esteem
 - c) development of spiritual health
2. Explore stress management techniques
 - a) common stressors in the lives of college students
 - b) physical and emotional responses to stress
 - c) ways of coping with stress

F. SEXUALITY & SEXUAL HEALTH

1. Identify the biological and psychosocial basis of healthy adult sexuality. Chapters 13 & 14
2. Discuss common sexual attitudes and beliefs held through this century by multi-cultural peoples.
3. Identify safe sexual health behaviours and practices in our society. Chapter 12,
p. 373-382
4. Develop awareness of screening practices for common cancers. Chapter 11,
p. 319-338

IV.

LEARNING ACTIVITIES

REQUIRED RESOURCES

G. PERSONAL SAFETY

- | | |
|---------------------------------|-------------------|
| a) self care | Chapters 8 & 9 |
| - drug, alcohol and tobacco use | |
| - medical care, immunization | |
| b) recreational safety | |
| - hunting and firearm safety | |
| - water and boating safety | |
| - safety in the sun | |
| - safety in sports | |
| c) safety on the road | Assignment #1, |
| - prevention of M.V.A. | "Personal Safety" |
| d) safety in the workplace | |
| - back safety | |
| - ergonomics | |
| e) safety in the home | |
| - prevention of falls | |
| - fire prevention | |
| - poison prevention | |
| f) visual/hearing protection | |
| - at home, work, play | |

H. ENVIRONMENTAL HEALTH

- | | |
|--|----------------|
| 1. discuss common environmental health issues. | |
| a) air pollution | Chapter 18, |
| b) water pollution | Assignment #5, |
| c) land pollution | "Greening the |
| d) water conservation | Environment" |
| e) energy conservation | |

I. PROCESS OF PERSONAL CHANGE AND SELF RESPONSIBILITY FOR HEALTH

- | | |
|--|--------------------------|
| 1. Discuss the <u>need</u> for individual to make personal choices and hold responsibility for their health decisions. | |
| a) personal inventory of health | See Assignment #1 |
| b) understanding motivation and health | |
| 2. Identify how individuals can make lifestyle changes using a problem-solving process | Assignment #4, |
| | "Personal Wellness Plan" |
| a) personal wellness plan | |

IV.

LEARNING ACTIVITIES

REQUIRED RESOURCES

J. COMPLIMENTARY HEALTH CARE PRACTICES

- | | |
|--|---|
| 1. Discuss the wide range of health care providers. | Chapter 17,
Assignment #6,
"Complimentary Health
Care Practices" |
| 2. Describe complimentary health care practices from a multi-cultural perspective that are becoming more available and acceptable to us. | |
| 3. Explore traditional aboriginal health care practices. | |
| 4. Discuss how to become a skilled health care consumer. | |

FOUNDATIONS OF WELLNESS

GER 120

Course Name

Code No.

V. EVALUATION METHODS: (includes assignments, attendance requirements, etc.)

A variety of assignments as well as attendance will be used to evaluate student achievement of the course objectives. A description of the evaluation methods will be provided and discussed by the teacher within the first two weeks of class.

VI. REQUIRED STUDENT RESOURCES:

Payne, W.A. and Hahn, D.B., Understanding your Health, 3rd ed., Mosby Year Book Inc., Toronto, 1992.

VII. ADDITIONAL RESOURCE MATERIALS AVAILABLE IN THE COLLEGE LIBRARY BOOK SECTION: (title, publisher, edition, date, library call number if applicable)

Travis, J. and Ryan, Wellness Workbook, 2nd ed., Ten Speed Press, 1988

Periodical Section
Magazines
Articles

Audiovisual Section
films
filmstrips
computer software

VIII. SPECIAL NOTES:

Students with special needs (eg: physical limitations, visual impairments, hearing impairments, learning disabilities) are encouraged to discuss required accommodations confidentially with the instructor.

Your instructor reserves the right to modify the course as he/she deems necessary to meet the needs of students.