

SAULT COLLEGE OF APPLIED ARTS AND TECHNOLOGY

SAULT STE. MARIE, ON

COURSE OUTLINE

COURSE TITLE: **HEALTH AND HEALING I**

CODE NO. : **NUR 112** SEMESTER: **I**

PROGRAMME: **NURSING & PRACTICAL NURSING**

AUTHOR: **JUDI MAUNDRELL AND BRENDA WARNOCK**

DATE: **SEPTEMBER, 1995** PREVIOUS OUTLINE DATED: **NEW**

APPROVED

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DATE

HEALTH AND HEALING 1
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TOTAL CREDITS:

PREREQUISITE(S): NONE

I. PHILOSOPHY/GOALS:

The student will explore health and healing, values, beliefs, life style choices, maintenance, promotion and protection of health within the context of the personal self and individuals within the family. Growth and development and health issues throughout the toddler to adult will be investigated.

II. LEARNING OUTCOMES:

In this course, many learning activities are designed to foster collaborative learning in small groups. In order for the learner to develop the ability to critically think, reflect and integrate new information, the learner must engage in active dialogue with colleagues and the teacher. It is therefore to the learner's benefit that the learner attend and participate in class.

Upon the completion of this course the student will have:

1. examined the concepts of health and healing and the relationship to human development.
2. examined beliefs and practices which promote a healthy lifestyle.
3. assess health throughout the lifespan, from toddler to adult, within the family context.
4. applied interpersonal skills in a caring manner.
5. applied analytical thinking skills in class discussions and written assignments to plan and provide safe care.

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III. TOPICS TO BE COVERED;

The content will be covered under the following concepts:

Theoretical component:

- Unit I.

- Health and wellness - philosophy
 - values and beliefs
 - components of health style
 - maintenance and promotion of health and wellness
- Self and Health - culture
 - life style
 - risks and consequences
 - adult growth and development
- Family and Health Development - child and adolescent growth and development

- Unit II

- Healing
 - holistic approach (whole person)
 - factors affecting
 - approaches to healing
 - cultural aspects
 - challenges to healing

IV. LEARNING ACTIVITIES/RESOURCES:

Refer to the teacher/student resources and learning packages for learning activities/resources.

V. EVALUATION;

1. The pass mark for the theoretical component is 60%. It is composed of term work composed of assignments and term work. There is not a final examination in this course.
2. Students with a mark below 60% will be eligible to rewrite or resubmit the test, exam or assignment. The higher of the two marks will be recorded as the student's mark. This rewrite will be negotiated between the student and the teacher. Refer to "General Information and Practicum Experience Booklet" for specific policies.
3. Evaluation Method:

- Nutrition Analysis	25%
- Personal Health Issue and Change Contract	30%
- Ethnocultural Health Sc Healing Presentation	35%
- Class Preparation and Participation	<u>10%</u>
	100%

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VI. PRIOR LEARNING ASSESSMENT:

Students who wish to apply for advanced credit in the course should consult the instructor.

VII. REQUIRED STUDENT RESOURCES;

Berger, K.J. & Williams, M.B., Fundamentals of Nursing: Collaborating for Optimal Health, Prentice-Hall, Toronto, 1992

College of Nurses Booklet Package

Health & Healing I^ Student Resources Package, 1995

Thomas, C, Taber's Cyclopedic Medical Dictionary, newest ed., F.A. Davis Co., Philadelphia

VIII. ADDITIONAL RECOMMENDED RESOURCES:

Library Resources:

Nutrition Text

Health Text

IX. 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.

Sault College wishes to acknowledge the contribution Georgian College has made to this process.

X. COURSE ANALYSIS SHEET: