

**SAULT COLLEGE OF APPLIED ARTS AND TECHNOLOGY**

**SAULT STE. MARIE, ON**

**COURSE OUTLINE**

**COURSE TITLE:** Wholistic Health

**PROGRAM:** Native Community Worker

**COURSE CODE:** . NSA130-3

**SEMESTER:** ONE

**DATE:** Mav1997

**AUTHOR:** Native Education Deoartment

**APPROVED:** /?Jt^?n^AX      **DATE** /^, y M/I J  
Dean,      School      of      Native      Education      /

## PHILOSOPHY/ GOALS

"Health is an inclusive concept comprised of several components...none of these components should be neglected. All are interrelated and can help to provide an overall balance in a person's life." (Life and Health:targeting wellness, Levy, Dignan and Shireffs, 1992) The Anishnaabe have known this and lived this in order to practice the Anishnaabe way of life. Walking a balanced path in the helping field is a necessity if we are to do our best for our community.

This course covers the best of both approaches to health. The modern approach to health and health care and the examination and practice of caring for all components of our health as Anishnaabe people.

## LEARNING OUTCOMES

Upon successful completion of this course, the student will be able to;

1. Analyze and identify the strengths and areas of improvement in one's own personal health in a holistic sense, including physical, emotional, intellectual and spiritual aspects.
2. Identify and explain the four different components of holistic health.
3. Apply the four components of holistic health to personal health and community work.
4. Integrate the modern approach to health with the concepts of Anishnaabe health to offer a balanced approach to members of the community in need.
5. Analyze the role of nutrition and diet in your health and those in community.
6. Apply and/or communicate the concept of healthy weight management to community members and self.
7. Identify causes and treatments of diseases and recommend appropriate preventative methods.

\*\*Note: the Learning Outcomes for NSA 130 will be covered in the Topics Covered and evaluated according to the Method Of Evaluation section. These sections are split into Section A & B. Section A Topics and Evaluation are related to the 2 Hour NSA 130 class. Section B Topics and Evaluation are related to the 1 Hour NSA 130 class.

## TOPICS COVERED/LEARNING ACTIVITIES

- 1 A. Concept of Health — perspectives and approaches
- IB, Canada Food Guide
- 2 A. Components of Holistic Health/Owning Your Own Medicine Wheel
- 2B. Essential Nutrients
- 3 A. Physical Health
- 3B. Disease Processes i.e.: Cancer, Diabetes, Cardiovascular, Infectious
- 4A. Emotional Health
- 4B. Overview of Healthy Pregnancy
- 5 A Intellectual Health
- 5B. Relationship of Tobacco to Health
- 6A. Spiritual Health
- 6B. Weight Management
- 7A. Personal Health and Community Health
- 7B. Consumerism
- 8B. Health Concerns of Aging

## **REQUIRED STUDENT RESOURCES**

Focus on Health. Second Edition, Hahn/Payne, Mosby, 1994.

## EVALUATION METHODS

A/ Personal Health Essays(4 x 10% each) 5 minute presentation	40%	#1=week of Sept.23, #2=week of Oct.20, #3=week of Nov.17, 4=week of Dec. 15
A/ Community Health Essay	15%	week of Dec. 1
B/ Nutrition Assignment:		
1.Group Meal Presentation/Analysis	10%	<u>weekofNov.il</u>
2.Three Day Food Diary	15%	week of Sept.30
3.Nutrition Test	10%	weekofOct.28
B/4.Diseases and Related Health Conditions Test	10%	week of Dec. 16
TOTAL	100%	

## EVALUATION:

- A1. Students will complete four Personal Health essays during the semester. One each for Physical, Emotional, Intellectual and Spiritual Health as it pertains to them personally. Specifics on content and perspective will be given in class. Each essay will be 3-5 double-spaced typewritten pages. Each paper will be presented, 5 minutes in class summary of paper.
- A2. The Community Health Essay will be 4-6 double-spaced typewritten pages. Students will research different approaches currently used by First Nations and/or urban Native services/organizations to address the four components of Wholistic Health in their community. Essays should include at least two different communities and their approaches. Specifics on content and perspective will be given in class. The essay will be presented in class, 5 minute summaries of findings.
- B1. The Group Meal Presentation will be comprised of a traditional meal, worth 10%. Students will work in groups of three(3) to plan and prepare a traditional North American First Nations meal. Each group will also hand in a written report analyzing the nutritional content of the meal. Specifics on content and process to be provided by the instructor.

- B2. The Three Day Food Diary will be completed by students. They will record their food intake for three days. This food intake will then be analyzed according to the requirements of the Canada Food Guide and essential vitamins and minerals. This assignment is worth 15%. Specifics on content and process will be provided by instructor.
- B3. The Nutrition Test will be in the multiple choice format and will be worth 10%. It will consist of 30 multiple choice questions worth 1/3 mark each. This will cover the Learning Outcomes on your course outline related to the role of nutrition and diet to your health and weight management.
- B4. The Diseases and Related Health Conditions Test will also use the multiple choice format and be worth 10%. It too will consist of 30 multiple choice questions worth 1/3 mark each. This test will cover Learning Outcomes related to diseases affecting health and prevention of these diseases.

### **SPECIAL NOTES**

Students with special needs e.g. physical limitations, visual 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 the student.

Significant learning takes place in the classroom through an interactive learning approach, therefore, **ALL students must attend 60% of the classes to obtain a passing grade.**

**ALL assignments are to be handed in on the due date and are to be typewritten. Any late assignments will be penalized 1% for each day late.**