

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

COURSE OUTLINE

COURSE TITLE: HEALTH AND NUTRITION  
CODE NO: HDG 117 SEMESTER: II  
PROGRAMME: NATIVE COMMUNITY WORKER  
AUTHOR: LINDA TOZER - JOHNSTON  
DATE: JAN. 1993 PREVIOUS OUTLINE DATED: JAN. 1992

APPROVED:

  
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Date



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45

TOTAL CREDIT HOURS

PREREQUISITE(S): NONE

**I. PHILOSOPHY/GOALS:**

This course involves the study of health issues, identifying specifically the physical, emotional, social, intellectual and spiritual dimensions of health. The student will develop *an* understanding of the variables that control the quality of health including personal choices and behaviours, socio economic and environmental circumstances.

A focus for this course will be nutrition. Food composition, selection and preparation will be studied. This introductory course provides nutrition information which students can apply in their personal and professional life.

**II. STUDENT PERFORMANCE OBJECTIVES:**

**Upon successful completion of this course, the student will:**

- 1) Demonstrate an understanding of the concept of a healthy lifestyle.
- 2) Demonstrate an understanding of the effects of health and unhealthy choices.
- 3) Demonstrate an understanding of the essential components of nutrition.
- 4) Demonstrate an understanding of how nutritional needs can be met for individuals with varied lifestyles.
- 5) Demonstrate an understanding of the causation of common diseases.
- 6) Demonstrate an understanding of environmental and consumer choices that may affect health.
- 7) Demonstrate an understanding of the role of the Native Community Worker in maintaining or improving the health of a community.

**III. TOPICS TO BE COVERED:**

The student will gain knowledge and understanding of health and nutrition through research, presentations, group discussion, community visits, audiovisual presentations, guest speakers and some class lectures.

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IV, LEARNING ACTIVITIES

REQUIRED RESOURCES

Components of Health:

- |  |                                 |
|--|---------------------------------|
| a) definitions of health   | Chapter 1                       |
| b) psycho-spiritual-social emotional and physical components of holistic health. | "Health: Support for Your Life" |
| c) relationship of medicine wheel teaching to holistic health.                   | Assignment                      |

Physical and Emotional Health:

- |   |   |
|---|---|
| a) emotional health <ul style="list-style-type: none"><li>- defining mental health</li><li>- role of spirituality</li><li>- stress management strategies</li><li>- relationship between emotional and physical health</li></ul>   | Chapter 2                               |
| b) physical fitness <ul style="list-style-type: none"><li>- benefits of physical fitness</li><li>- developing physical fitness</li><li>- principles of fitness development</li></ul>  | Chapter 3                               |
| c) role of nutrition and diet to your health <ul style="list-style-type: none"><li>- essential nutrients</li><li>- dietary sources of essential nutrients</li><li>- Use of Canada's Food Guide to analyze nutritional intake</li><li>- dietary trends and variations</li><li>- use of a dietary log/diary</li></ul> | Chapter 4<br><br>Nutritional Assignment |
| d) weight management <ul style="list-style-type: none"><li>- lifetime eating needs and habits</li><li>- varying needs with growth and development</li><li>- fad diets</li><li>- healthy weight management</li></ul>   | Chapter 5                               |
| e) use of tobacco <ul style="list-style-type: none"><li>- reasons for use</li><li>- side effects of tobacco use</li><li>- relationship between spiritual use of tobacco and tobacco dependence</li></ul>  | Chapter 8<br>and<br>class discussion    |

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IV. LEARNING ACTIVITIES

REQUIRED RESOURCES

3. Diseases Which Affect Healthy Coping
- a) Cardiovascular
  - b) Diabetes
  - c) Cancer
  - d) premenstrual syndrome, osteoporosis, allergies, epilepsy and arthritis
  - e) infectious diseases
    - the immune system
    - immunization
    - common infectious diseases (management and prevention)
4. Sexuality and Health
- a) normal reproductive systems
  - b) norms of sexual behaviour
  - c) planned parenthood
  - d) overview of health pregnancy
  - e) health care during pregnancy
5. Community Agencies Which Support Health
- a) selected agencies in Algoma
  - b) role of community health worker
  - c) role of community health nurse/clinic
6. Assuming Self-Responsibility for Health
- a) consumerism
    - becoming a wise consumer
    - over-the-counter medicines
    - health care delivery
  - b) environmental factors
    - influence of pollution on health
    - effects of lifestyle and culture
  - c) natural healing
    - role of native remedies
7. Health Concerns with Aging
- a) the aging process
  - b) cultural influences on aging
  - c) health concerns of elders

Chapters 9, 10, 11

Chapters 12, 13, 14  
class discussion

lecture and films

Community Assignment  
panel

Chapters 15, 16

Assignment

Chapter 17

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

A variety of tests, written and oral assignments will be used. A group presentation will be included.

1. COMMUNITY AGENCY REPORT (written and oral presentation) paper - 10% group presentation - 10%	20%
2. NUTRITION ASSIGNMENT personal diet diary and analysis - 15% group meal presentation - 10%	25%
3. NATURAL HEALING ASSIGNMENT (paper based on community visit, interview, and research of literature)	25%
4. TEST (multiple choice on diseases affecting health)	30%
TOTAL	100%

Details regarding each assignment will be provided in a separate document by week 2 of semester.

Sault College Policies regarding plagiarism and honesty are in effect. See Sault College Student Handbook for details.

Assignments which are late will be given a mark of zero. Extensions of assignment due date may be granted upon discussion with the instructor **PRIOR** to due date.

The multiple choice test **CANNOT** be re-written in order to obtain a higher grade. The test may be re-scheduled at the instructor's discretion, for substantial and substantiated reasons for absence on test day. The instructor **MUST** be notified of absence prior to scheduled test time in order to be eligible for a re-write. Students who miss a test **MUST** make re-scheduling arrangements directly and immediately with the instructor upon return.

College Evaluation System:

Letter grades, for transcript purposes, will be calculated as follows:

90% - 100% = A+

80% - 90% = A

70% - 80% = B

60% - 70% = C

Less than 60% = R (Repeat of the Course)

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**VI. REQUIRED STUDENT RESOURCES**

Hahn D. and Payne W. , Focus on Health,, Mosby Yearbook, 1991, Toronto, 101516.

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

**VIII. SPECIAL NOTES**

Students with special needs (eg: physical liinitations, 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.

**\*\*\* ALL STUDENTS MUST ATTEND 50% OF THE CLASSES TO OBTAIN A PASSING GRADE.**