



## COURSE OUTLINE: BSCN1000 - NURSING THEORY

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Approved: Rebecca Keown - Dean

<b>Course Code: Title</b>	BSCN1000: THE FUNDAMENTALS OF NURSING THEORY
<b>Program Number: Name</b>	3401: HONOURS BSCN
<b>Department:</b>	BSCN - NURSING
<b>Academic Year:</b>	2025-2026
<b>Course Description:</b>	This course introduces the student to fundamental theoretical concepts in nursing that promote health and healing with a focus on the older adult population. It explores concepts related to nursing science as well as professional nursing roles and responsibilities in health care.
<b>Total Credits:</b>	3
<b>Hours/Week:</b>	3
<b>Total Hours:</b>	36
<b>Prerequisites:</b>	There are no pre-requisites for this course.
<b>Corequisites:</b>	There are no co-requisites for this course.
<b>This course is a pre-requisite for:</b>	BSCN1100, BSCN1110
<b>Vocational Learning Outcomes (VLO's) addressed in this course:</b>	<b>3401 - HONOURS BSCN</b> VLO 1 Meet professional practice requirements as identified in the current Entry-to-Practice Competencies and Professional Standards of the College of Nurses of Ontario. VLO 4 Contribute to the nursing profession and healthcare through the practice of critical inquiry, self-reflection, and a commitment to professional growth through lifelong learning. VLO 5 Utilize critical thinking and reasoning to make evidence-informed clinical judgements. VLO 7 Utilize available technologies to communicate, educate, and provide appropriate care in a variety of contexts. VLO 8 Manage the care of people across the lifespan who have stable and unstable outcomes. VLO 11 Identify, support, and effect appropriate change in healthcare.
<b>Essential Employability Skills (EES) addressed in this course:</b>	EES 1 Communicate clearly, concisely and correctly in the written, spoken, and visual form that fulfills the purpose and meets the needs of the audience. EES 4 Apply a systematic approach to solve problems. EES 5 Use a variety of thinking skills to anticipate and solve problems. EES 6 Locate, select, organize, and document information using appropriate technology and information systems. EES 7 Analyze, evaluate, and apply relevant information from a variety of sources. EES 9 Interact with others in groups or teams that contribute to effective working



relationships and the achievement of goals.  
 EES 10 Manage the use of time and other resources to complete projects.

**Course Evaluation:**

Passing Grade: 65%,  
 A minimum program GPA of 2.0 or higher where program specific standards exist is required for graduation.

**Other Course Evaluation & Assessment Requirements:**

Course hours are represented as follows:  
 Theory: 36 total hours  
 Important note about course evaluation:  
 Successful completion of this course is dependent on all assignments being completed and submitted.  
 If this course has any components graded on a satisfactory/unsatisfactory grading scheme, each assignment must achieve a grade of satisfactory , in addition, a minimum cumulative grade of 65% is required to pass the course.

ETPs:  
 1.19, 3.4, 5.9, 6.3, 6.8

**Books and Required Resources:**

Ebersole & Hess` Gerontological Nursing & Healthy Aging in Canada by Boscart  
 Publisher: Mosby, Incorporated Edition: 3rd Canadian  
 ISBN: 9780323778749  
 Potter and Perry`s Canadian Fundamentals of Nursing by Astle  
 Publisher: Elsevier HlthSciences Division Edition: 7th  
 ISBN: 9780323870658  
 ISBN-13: eBook 9780323870665

**Course Outcomes and Learning Objectives:**

<b>Course Outcome 1</b>	<b>Learning Objectives for Course Outcome 1</b>
Develop an understanding of own personal concepts and the professional concepts of health and healthy living.	1.2 Heighten awareness of personal concepts of health and healthy living 1.3 Describe models of health, health determinants, and health promotion strategies. 1.4 Develop an understanding of the Canadian demographic trends of the older adult population 1.6 Explore the link between concepts of health, healthy living and health care within the context of the older adult
<b>Course Outcome 2</b>	<b>Learning Objectives for Course Outcome 2</b>
Explore health and healthy living in the context of the aging adult.	3.1 Develop a basic understanding of the various theories of aging. 3.2 Develop an understanding of a variety of aspects of healthy aging, including physical, social, psychological, spiritual, and cognitive. 3.3 Discover and dispel myths and stereotypes related to aging

	and the older adult 3.4 Define health and wellness within the context of aging. 3.5 Incorporate prevention and health promotion in our care of the older adult.
<b>Course Outcome 3</b>	<b>Learning Objectives for Course Outcome 3</b>
Examine nursing actions from a nursing process framework	3.1 Identify the nursing process as a fundamental problem-solving process. 3.2 Describe the different components of the nursing process. 3.3 Ability to apply the nursing process to a clinical case study
<b>Course Outcome 4</b>	<b>Learning Objectives for Course Outcome 4</b>
Explore the change process in relation to health and healthy living.	4.1 Develop an understanding of how transition and change affect human development and behaviours, creating new ways of being. 4.2 Identify influential factors on the process of change. 4.3 Develop an understanding of Prochaska & DiClemente's Transtheoretical Model (TTM) of Behaviour Change. 4.4 Develop an understanding of effective strategies that evoke health behaviour change.
<b>Course Outcome 5</b>	<b>Learning Objectives for Course Outcome 5</b>
Explore the fundamentals of caring in nursing practice.	5.1 Develop an awareness of caring behaviours in nursing practice. 5.2 Assist in bringing forward the relevance and meaning of the lived experience. 5.3 Reflect on past experiences about health. 5.4 Determine personal perspectives regarding health and illness. 5.5 Discuss how past experiences influence future personal and professional experiences 5.4 Relate the concept of comfort to basic nursing care
<b>Course Outcome 6</b>	<b>Learning Objectives for Course Outcome 6</b>
Develop an understanding of communication in the nursing practice with a focus on the older adult.	6.1 Describe the importance of communication to the lives of older persons 6.2 Describe interventions that facilitate communication individually and in groups 6.3 Understand the significance of the life story of an older person 6.4 Discuss the modalities of reminiscence and life review 6.5 Identify effective communication strategies for older persons with speech, 6.6 language, hearing, vision, and cognitive impairments 6.7 Discuss the relationship of sensory function to an individual's level of wellness 6.8 Discuss common causes and effects of sensory alterations 6.9 Discuss common sensory changes that normally take place as individuals age.



		6.10 Describe conditions in the health care setting or patient's home that nurses can 6.11 adjust to promote meaningful sensory stimulation 6.12 Describe the main purposes of a health record. 6.13 Describe some of the legal issues surrounding nursing documentation. 6.14 Identify some of the characteristics of quality nursing documentation.
	<b>Course Outcome 7</b>	<b>Learning Objectives for Course Outcome 7</b>
	Develop an understanding of the role of nutrition in health, healing, and disease.	7.1 Explore determinants that impact on lifelong healthy eating practices 7.2 Increase awareness of the components of a nutritional assessment 7.3 Explore the relationship between diet and disease 7.4 Identify factors that affect nutrition within an older adult population 7.5 Develop a basic understanding of macronutrients and their role in health.

**Evaluation Process and Grading System:**

Evaluation Type	Evaluation Weight
Final Exam	30%
Test 1	25%
Test 2	25%
Written Assignment	20%

**Date:** August 14, 2025

**Addendum:** Please refer to the course outline addendum on the Learning Management System for further information.