

SAULT COLLEGE OF APPLIED ARTS AND TECHNOLOGY

SAULT STE. MARIE, ON

£miBS£ miIUME

COURSE TITLE: HEALTH AND HEALING 1

CODE NO.: NUR 112

SEMESTER: 1

PROGRAMME: NURSING & PRACTICAL NURSING

AUTHOR: LESLIE FOSTER, JUDI MAUNDRELL, LINDA TOZER-JOHNSTON AND RUTH WILSON

DATE: SEPTEMBER, 1996

PREVIOUS OUTLINE DATED: 09/95

APPROVED:


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TOTAL CREDITS: 2

PREREQUISITES: 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. develop an awareness of health and the promotion of a healthy lifestyle.
2. create and defend a personal lifestyle change.
3. investigate and compare health and healing practices from a multicultural perspective.

III. TOPICS TO BE COVERED:

The content will be covered under the following concepts:

Unit 1: HEALTH AND WELLNESS

- a) Definitions of health and wellness
- b) Personal definition of health and wellness
- c) Personal assessment of health and wellness
- d) Personal change
- e) Stress Management
- f) Emotional health
- g) Spiritual health
- h) Nutritional analysis

Unit 2: HEALING

- a) Definition of healing
- b) Culture and healing
- c) Traditional healing practices
- d) Ethnocultural health and healing practices

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IV. LEARNING ACTIVITIES/RESOURCES:

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

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 one test, exam or assignment. The highest mark achieved on a rewrite is 60%. 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 & Healing Presentation	35%
- Class Preparation and Participation	<u>10%</u>
	100%

VL PRIOR LEARNING ASSESSMENT:

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

VII. REQUIRED STUDENT RESOURCES:

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Kozier, B., Erb, G., and Blais, K., Fundamentals of Niitsing: Concepts, Eiocesa SL Practice, 5th ed., Add!son-Wesley Publishing Co., Don Mills, Ontario, 1995

Payne, Wayne and Hahn, Dale, Understanding Your Healthy 4th ed., Mosby Year Book, Inc., Toronto, 1995

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

VIII. ADDITiOMAL RECOMMENDED RESOURCES:

Library Resources: Nutrition Text

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IX. SEEOAL JSifiles:

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.

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

X. LQUBSt ANALYSIS SUEEI: