



30 HOURS = CLASSROOM

15 HOURS = INDEPENDENT STUDY (oral group discussion)

## I. COURSE DESCRIPTION:

Optimal health and wellness is everyone's goal. Students will be introduced to issues about personal wellness, an understanding of the bio-psycho-social process to keep well and knowledge of the interventions which will encourage wellness. Each student will explore the philosophy of holistic health and their willingness to assume responsibility for their health.

This course deals with health promotion strategies needed to make healthy lifestyle choices, to maintain or improve health and how to approach personal change.

The assignments for this course have been specifically designed to foster oral and written communication skills, research skills, team building and critical thinking. In order to encourage the development of these skills, 1 hour/week will be given as independent study. The following learning outcomes will also be addressed within the context of these assignments: 1, 2, 3, 6, 8, 10.

## II. LEARNING OUTCOMES AND ELEMENTS OF THE PERFORMANCE:

### A. Learning Outcomes

1. Develop an awareness of health and the promotion of a healthy lifestyle.
2. Discuss common environmental health issues.
3. Create and defend a personal lifestyle change.
4. Investigate health practices from a multicultural perspective.

### B. Elements of Performance

#### Module One

Demonstrate an awareness of health and the promotion of a healthy lifestyle.

#### a. Wellness

- i. Define wellness and health promotion.
- ii. Explore the components of health from multicultural viewpoints.
- iii. Identify the determinants of health.

#### b. Health

- i. Define the 6 components of health.
  - physical
  - emotional
  - spiritual
  - social
  - environmental
  - intellectual

**II. LEARNING OUTCOMES AND ELEMENTS OF THE PERFORMANCE:****Module Two**

## Nutrition

- i. Identify common nutrient excesses and deficiencies in the Canadian diet and their relationship to health.
- ii. Identify components of Canada's Food Guide.
- iii. Recognize essential nutrients and their function in the body.
- iv. Examine the healthy weight concept.
  - BMI
  - planning a healthy diet
  - consider cultural differences/norms

**Module Three**

## Create and Defend a Personal Lifestyle Change

- a. Discuss the need for individual to make personal choices and hold responsibility for their health decisions.
  - personal inventory of health
  - understanding motivation and health
- b. Identify how individuals can make lifestyle changes using a problem-solving process.
  - personal wellness plan

**Module Four**

## Physical Fitness &amp; Quality of Rest/Sleep

- i. Examine the benefits of physical fitness.
  - components of fitness
  - planning a personal fitness program
  - elements of safety and exercise
- ii. Identify the need for quality of rest and sleep.
  - stages of sleep, quality of sleep
  - hours of sleep required
  - planning an appropriate sleep environment

**II. LEARNING OUTCOMES AND ELEMENTS OF THE PERFORMANCE:****Module Five**

## Emotional/Spiritual Health

- i. Define elements of emotional/spiritual growth.
  - normal range of emotions
  - development of positive self esteem
  - development of spiritual health
- ii. Explore stress management techniques.
  - common stressors in the lives of college students
  - physical and emotional responses to stress
  - ways of coping with stress

**Module Six**

## Sexuality and Sexual Health

- i. Identify the biological and psychosocial basis of healthy adult sexuality.
- ii. Discuss common sexual attitudes and beliefs held through this century by multicultural peoples.
- iii. Identify safe sexual health behaviours and practices in our society.
- iv. Develop awareness of screening practices for common cancers.

**Module Seven A**

## Personal Safety

- i. Discuss individual responsibility of personal safety.
  - self care
    - drug, alcohol and tobacco use
    - medical care, immunization
  - recreational safety
    - hunting and firearm safety
    - water and boating safety
    - safety in the sun
    - safety in sports
  - safety on the road
    - prevention of M.V.A.
  - safety in the workplace
    - back safety
    - ergonomics
  - safety in the home
    - prevention of falls
    - fire prevention
    - poison prevention
  - visual/hearing protection
    - at home, work, play

**II. LEARNING OUTCOMES AND ELEMENTS OF THE PERFORMANCE:**

**Module Seven B**

Discuss Common Environmental Health Issues

- air pollution
- water pollution
- land pollution
- water conservation
- energy conservation

**Module 8**

Investigate Health Practices from a Multicultural Perspective

- a. Discuss the wide range of health care providers.
- b. Describe complementary health care practices, from a multicultural perspective, that are becoming more available and acceptable to us.
- c. Explore traditional aboriginal health care practices.
- d. Discuss how to become a skilled health care consumer.

**III. TOPICS:**

1. Wellness
2. Nutrition and Weight Management
3. Fitness
4. Sleep
5. Process of Personal Lifestyle Change
6. Personal Safety
7. Responsible Sexual Behaviour and Practices
8. Concepts of Emotional/Spiritual Health
9. Stress Management
10. Environmental Health Issues
11. Complementary Health Care Practices

**IV. REQUIRED RESOURCES/TEXTS/MATERIALS:**

Payne, W.A. and Hahn, D.B. (1995). Understanding Your Health (4<sup>th</sup> ed.). Mosby Yearbook Inc.

