

I. COURSE DESCRIPTION:

The student will explore aspects of health and healing in the context of social and cultural diversity, values, beliefs, lifestyle choices, environment and growth and development. The focus will be on the maintenance and promotion of personal, individual and family health and healing. Students will explore the role of the nurse in health and wellness promotion.

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. developed an awareness of health and wellness promotion throughout the lifespan.
2. created and defended a personal lifestyle change.
3. investigated and compared health and healing practices from a multicultural perspective.
4. described the role of the nurse with health and wellness promotion.

III. TOPICS:

The content will be covered under the following concepts:

UNIT 1: HEALTH AND WELLNESS

- a) Dimensions of Health and Wellness: Mind, Body and Spirit
- b) Personal Definition of Health and Wellness
- c) Personal Assessment of Health and Wellness
- d) Personal Change
- e) Health and Wellness Promotion
- f) Introduction to Growth and Development
- g) Teaching and Learning
- h) Stress Management
- i) Emotional Health

III. TOPICS (Continued)

- j) Spiritual Health
- k) Nutrition
- l) Fitness
- m) Sexual Health

UNIT 2: HEALING

- a) Dimensions of healing: mind, body and spirit
- b) Culture and healing
- c) Traditional and complimentary healing practices

IV. LEARNING ACTIVITIES:

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

V. REQUIRED RESOURCES/TEXTS/MATERIALS:

College of Nurses of Ontario (1999). A guide to nurses for providing culturally sensitive care.

Health and Healing I Student Resource Package, 2001

Kozier, B., Erb, G., Blais, K., Wilkinson, J. (2001). Fundamentals of Nursing: Concepts, process & practice, (6th ed.), Don Mills, Ontario: Addison-Wesley Publishing Co.

Thomas, C., Taber's cyclopedic medical dictionary, (latest ed.). Philadelphia F.A. Davis Co.

Additional Recommended Resources:

Library Resources: Several resource texts and articles on Health and Wellness have been placed on reserve in the library.

VI. EVALUATION PROCESS/GRADING SYSTEM:

1. The pass mark for the theoretical component is 60%. It is composed of assignments quizzes and term work. There is no final examination in this course. There is no supplemental exam.
2. Students with a mark below 60% will be eligible to rewrite or resubmit one failed quiz or written assignment worth 10% or more. The highest mark achieved on a rewrite is 60%. This rewrite will be negotiated between the student and the teacher. Refer to your Student Success Guide for specific policies.

3. Evaluation Method:

• Personal Health Issue and Change Contract	10%
• Nutrition Analysis	15%
• Ethnocultural/Health & Healing Presentation	15%
• Quizzes	40%
• Learner Preparation Submissions	<u>20%</u>
TOTAL	100%

4. All assignments are due at the beginning of class. Extension requests must be in 24 hours before the beginning of class.

The following semester grades will be assigned to students in postsecondary courses:

<u>Grade</u>	<u>Definition</u>	<u>Grade Point Equivalent</u>
A+	90 - 100%	4.00
A	80 - 89%	3.75
B	70 - 79%	3.00
C	60 - 69%	2.00
R (Repeat)	59% or below	0.00
CR (Credit)	Credit for diploma requirements has been awarded.	
S	Satisfactory achievement in field placement or non-graded subject areas.	
U	Unsatisfactory achievement in field placement or non-graded subject areas.	

X	A temporary grade. This is used in limited situations with extenuating circumstances giving a student additional time to complete the requirements for a course (see <i>Policies & Procedures Manual – Deferred Grades and Make-up</i>).
NR	Grade not reported to Registrar's office. This is used to facilitate transcript preparation when, for extenuating circumstances, it has not been possible for the faculty member to report grades.

VII. SPECIAL NOTES:

Special Needs:

If you are a student with special needs (e.g. physical limitations, visual impairments, hearing impairments, or learning disabilities), you are encouraged to discuss required accommodations with your instructor and/or the Special Needs office. Visit Room E1204 or call Extension 493, 717, or 491 so that support services can be arranged for you.

Retention of course outlines:

It is the responsibility of the student to retain all course outlines for possible future use in acquiring advanced standing at other postsecondary institutions.

Plagiarism:

Students should refer to the definition of “academic dishonesty” in *Student Rights and Responsibilities*. Students who engage in “academic dishonesty” will receive an automatic failure for that submission and/or such other penalty, up to and including expulsion from the course/program, as may be decided by the professor/dean. In order to protect students from inadvertent plagiarism, to protect the copyright of the material referenced, and to credit the author of the material, it is the policy of the department to employ a documentation format for referencing source material.

Course outline amendments:

The Professor reserves the right to change the information contained in this course outline depending on the needs of the learner and the availability of resources.

Substitute course information is available in the Registrar's office.

VIII. PRIOR LEARNING ASSESSMENT:

Students who wish to apply for advanced credit in the course should consult the professor. Credit for prior learning will be given upon successful completion of a challenge exam or portfolio.

IX. DIRECT CREDIT TRANSFERS:

Students who wish to apply for direct credit transfer (advanced standing) should obtain a direct credit transfer form from the Dean's secretary. Students will be required to provide a transcript and course outline related to the course in question.